CAN-BIND Canadian Biomarker Integration Network in Depression

Are you *depressed?*
Seeking help?
ENROLL IN OUR STUDY.

The purpose of our study is to learn about 'biomarkers' (biological features such as proteins, genes, and brain images that indicate the state of a disease in a person), and how they can help predict treatment outcomes in patients with depression.

Patients will be treated by a psychiatrist with a standard antidepressant medication for 16 weeks. No placebos are being used.

You may be eligible for our study if you:

- Are between 18-60 years of age
- Have been diagnosed with depression or suspect you may have depression, and are currently feeling depressed
- Are willing to take a standard antidepressant medication as treatment for depression
- Are willing to undergo blood/lab tests and brain scans
- Do not have a substance use problem currently or in the past 6 months.

The study is being conducted by **Dr. Raymond Lam** at the Mood Disorders Centre, UBC Hospital.

Vancouver CoastalHealth UBC

For more information about this study and how to enroll, please call **604.822.7804** **www.canbind.ca**

Vancouver metro

Your essential daily news | WEEKEND, JANUARY 22-24, 2016 High 9°C/Low 5°C Cloudy

X-FILES
'We have chemistry and history'
metroLIFE

JENNIFER GAUTHIER/METRO

CUTTING EDGE

Barbershop also a safe space for city's transgender community

VANCOUVERING SEE PAGES 8 & 10

Ban requested in terror trial

COURT

Spy agency worried sensitive info may ID source

Canada's spy agency is back in court asking that information about its involvement in a B.C. terrorism probe be kept secret from the public.

For the second time in two weeks, the Canadian Security Intelligence Service (CSIS) asked Justice Catherine Bruce of the B.C. Supreme Court to allow a closed-door hearing into whether the RCMP entrapped a couple found guilty in a terrorist bomb plot.

John Nuttall and Amanda Korody were found guilty of planting pressure-cooker explosives at the B.C. legislature on Canada Day 2013. The convictions have been put on hold while their lawyers argue the pair was manipulated by police in an elaborate undercover sting.

This time, a lawyer representing CSIS argued some of the information is sensitive enough to national security that part of the closed-door proceedings must also exclude both defence and Crown lawyers, with only intelligence-agency lawyers and the judge present.

"Submissions would have to be provided on that basis or not at all," lawyer Donaree Nygard told the judge on Thursday.

"The circle of privilege must be maintained.... My client is willing to open up the privilege to your ladyship, but no further."

Addressing the request for an in-camera hearing, Nygard said the courtroom's public gallery should be closed to spectators and media because even the most well-intentioned lawyers could let confidential information slip.

"You can't put the cat back in the bag," she said about the risk of accidental disclosure.

"After it's been said, it's been said. It's been heard by anyone who's in the courtroom, and that can't be undone."

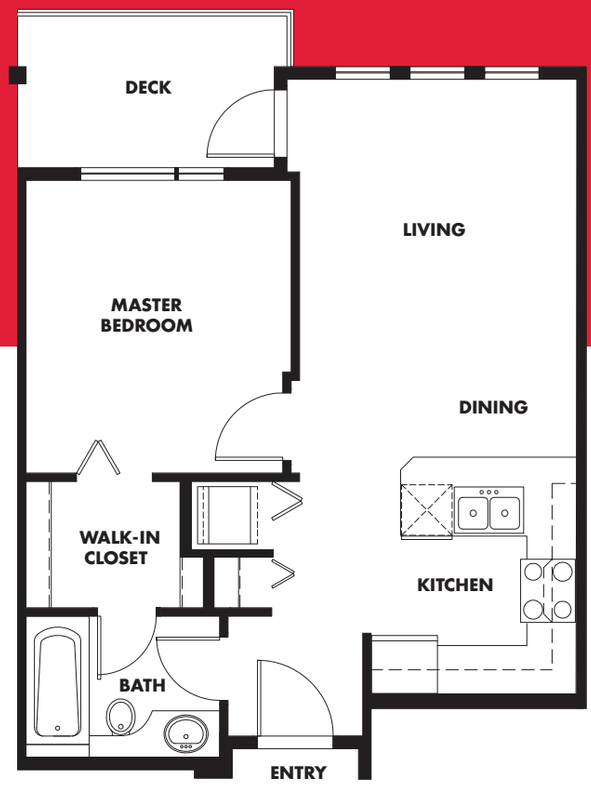
The defence argued earlier this month that an alleged human source for Canada's spy agency may have helped radicalize Nuttall.

CSIS's argument is that information might be revealed that would risk identifying this alleged human source, which would put both that person and the person's family in danger. THE CANADIAN PRESS

FINAL RELEASE!

VARSITY
AT THE PARK

WHY RENT WHEN YOU CAN OWN?



$179,900 AFTER SAVINGS!

$740 MONTHLY MORTGAGE PAYMENT

$800-$1,000 COMPARABLE RENT IN AREA

MONTHLY MORTGAGE PAYMENT: $740

1 BEDROOM + 1 BATHROOM
B3 PLAN | UNIT 108

Conditions and eligibility apply. See sales representative for full details. Developer reserves the right to change the information herein. Renderings and images are approximate only. E. & O.E.

- SAVINGS UP TO $5,000
- OWN WITH 5% DOWN
- MOVE-IN READY
- WALKABLE TO AMENITIES
- 10 MINS TO TWU
- BUILT BY REDEKOP KROEKER
  "WE BUILD IT. WE GUARANTEE IT."

Presentation Centre
20078 Fraser Hwy Langley.

Open 12-5pm daily (closed Fridays)
and by appointment

LIVEatVARSITY.COM
604.539.2200

DEVELOPED BY RKDI (VARSITY 2) HOMES LTD.
RENNIE MARKETING SYSTEMS

metro NEWS

Your essential daily news

Weekend, January 22-24, 2016

Playboy is suing two Canadian publications, alleging they illegally reproduced revealing photos of supermodel Kate Moss. **Business**

New research chair a 'game changer': Expert

INDIGENOUS HEALTH

Jeff Reading stepping into inaugural position

Thandi Fletcher
Metro | Vancouver

Jeff Reading, an expert in indigenous health, was appointed as the inaugural First Nations Health Authority Chair in Heart Health and Wellness at St. Paul's Hospital Thursday. JENNIFER GAUTHIER/METRO

For Dr. Jeff Reading, cardiovascular health is a personal matter.

The indigenous health researcher, who is a Mohawk from the Tyendinaga First Nation in Ontario, lost his father to a heart attack.

A longtime firefighter for the City of Toronto who spent 30 years dedicating his life to public service, his father died soon after retiring.

"It's tragic that my dad's life had to end the way it did," said Reading, wearing a ribbon shirt that belonged to his father to honour his memory.

"There are things my father could have done better to manage his own heart disease, but it's a question of providing people with the knowledge and the tools so that they can actually improve their health and well-being."

That's one of the goals Reading hopes to achieve as the inaugural First Nations Health Authority Chair in Heart Health and Wellness at St. Paul's Hospital.

> There are issues around where people live, access to health services and what the referral patterns are. Dr. Jeff Reading

On Thursday, he was appointed to the chair, which he described as the first of its kind in Western Canada and a "game changer" for aboriginal people's cardiac health.

The $2.5 million chair, which was co-developed by the First Nations Health Authority, St. Paul's Hospital and Simon Fraser University, will see Reading lead research and education to develop a cardiac health program tailored to the needs of First Nations people.

Cardiovascular disease is a rapidly emerging health crisis for aboriginal people living in Canada.

But more research needs to be done to understand the reasons behind the crisis and to improve access to timely care for First Nations people, said Reading.

One objective will be improving access to health care for First Nations people, he said.

Although it is well understood that survival rates increase for heart attack patients that are treated within 24 hours, Reading said research shows that First Nations people don't have the same access within that critical time period.

"Once First Nations people get into the system, we're treated the same as everyone else — that's what the data shows," he said."But there are issues around where people live, access to health services and what the referral patterns are. Those are things that we can do the research, get the evidence and then act upon it."

B.C. Health Minister Terry Lake applauded the creation of the research chair, the work of which he said will "inform and guide how health care is provided for First Nations, promoting better health outcomes."

"We must learn from each other, and by supporting research into heart health for First Nations, we're breaking ground on a new era of personalized health care," Lake said in a statement.

ENERGY

Province mulling electric car incentives

Energy Minister Bill Bennett says the government is considering a second expansion of British Columbia's incentive programs for electric car buyers.

The $10.6 million Clean Energy Vehicle Program, which includes $5,000 rebates to buy or lease electric vehicles, is due to run out of money in March but efforts are underway to keep it going, Bennett said in an interview on Thursday.

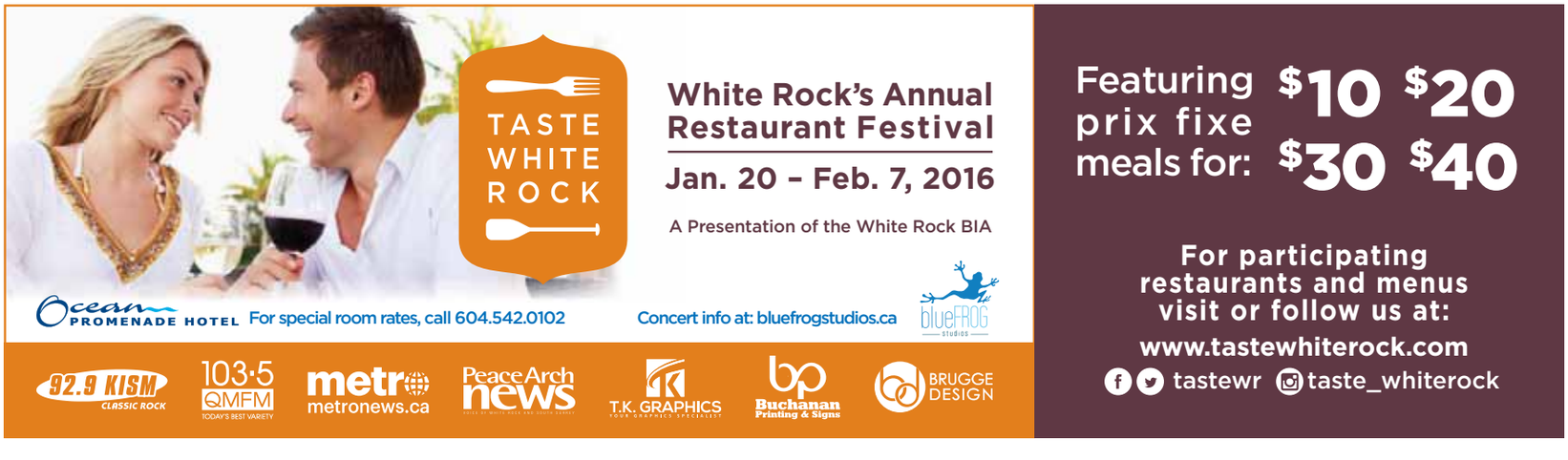
An original program was launched in 2011 but quickly consumed its $4.7-million incentive budget.

The $10.6-million program was introduced last April as an extension of the original vehicle program and was forecast to run for three years.

About 2,200 electric vehicles have been purchased through the programs. British Columbia now has more than 3,100 battery electric and plug-in hybrid electric vehicles registered in the province, the second highest in Canada.

"I have certainly reported to government the Clean Energy Vehicle Program has been incredibly successful," said Bennett. "A three-year funding amount has been used up in less than a year. It shows to me the public is really keen on doing this."

The incentives in last year's program included $7.5 million in rebates for electric vehicle purchases, with the remaining money to be spent on infrastructure to charge vehicles and research. THE CANADIAN PRESS



SALE ON NOW!

S14828A

2014 SUBARU IMPREZA AWD
ONLY 25,000 KM's! STEERING CONTROLS, BLUETOOTH, POWER GROUP, A/C, AUTO-TIPTRONIC, KEYLESS ENTRY, ALARM
$149 BI-WEEKLY @ 84 MONTHS NOW ONLY $17,995

BB5022A

2002 JEEP LIBERTY LTD EDITION
CHROME FRONT PUSH BAR & SIDE STEPS, SUNROOF, POWER GROUP, A/C, ROOF RAILS, TOW PKG, AUTO, MUD FLAPS CARGO TRAY, TONNEAU COVER.
~~$6,995~~ ON SALE NOW $4,995

S16054A

2012 NISSAN ALTIMA 2.5 S
AUTO, LEATHER, SUNROOF, POWER SEAT, CLIMATE CONTROL, HEATED SEATS, HEATED & POWER DOOR MIRRORS.
~~$14,888~~ ON SALE NOW $13,888

BB4062

2015 SUBARU FORESTER AWD
ONLY 6,000 KM's! HEATED SEATS, STEERING CONTROLS, BLUE-TOOTH, POWER GROUP, A/C, X MODE, AUTO-TIPTRONIC, ALARM
$208 BI-WEEKLY @ 84 MONTHS NOW ONLY $25,888

V16032B

2007 BMW 328I
ONLY 69,000 KM's! SUNROOF, STEERING CONTROLS, BLUETOOTH, ALLOYS, POWER GROUP, AUTO-TIPTRONIC.
~~$13,998~~ ON SALE NOW $12,998

S16320A

2004 VW JETTA WAGON GLS 2.0L
LOW MILEAGE JETTA INCLUDES A/C, POWER GROUP, KEYLESS ENTRY, ALARM, HEATED SEATS, ALUMINUM ALLOY WHEELS.
~~$7,999~~ ON SALE NOW $5,995

FB1571

2014 KIA FORTE 5 LX+
SUNROOF, BLUETOOTH, STEERING CONTROLS, USB, AC-TIVE ECO, HEATED SEATS, VOICE COMMAND, 2.0L GDI, A/C.
$122 BI-WEEKLY @ 84 MONTHS NOW ONLY $14,495

S15415A

2013 HONDA CIVIC EX
ONLY 20,000 KM's! SUNROOF, BLUETOOTH, STEERING CON-TROLS, USB, HEATED SEATS, A/C, POWER GROUP & MUCH MORE!
$144 BI-WEEKLY @ 84 MONTHS NOW ONLY $16,988

VK1127B

2009 PONTIAC VIBE
SUNROOF, POWER GROUP, A/C, CRUISE CONTROL, CD PLAYER, AM/FM RADIO, SPLIT FOLDING REAR SEATS.
~~$10,988~~ ON SALE NOW $9,888

S16045A

2009 HONDA CIVIC LX SR
SUNROOF, POWER GROUP, A/C, 5-SPD MANUAL, ALLOY WHEELS, REAR LIP SPOILER, CD PLAYER, POWER WINDOWS.
~~$10,995~~ ON SALE NOW $8,995

V16144A

2009 KIA RONDO EX
HEATED SEATS, AUTO-TIPTRONIC, USB/AUX, CRUISE CONTROL, A/C, POWER GROUP, ALLOY WHEELS & MUCH MORE!
~~$10,995~~ ON SALE NOW $8,900

S16152B

2009 TOYOTA SIENNA
8-PASSENGER CE MODEL, AUTOMATIC, FRONT & REAR A/C, STEERING CONTROLS, TOW PKG, SPLIT FOLDING REAR SEATS, 3RD ROW SEATING!
~~$15,995~~ ON SALE NOW $13,888

AUTO DIRECT PARTS & SERVICE

Formerly Richmond Suzuki

BRAKE SPECIALS (Parts & Labour)

•15% OFF PADS & ROTORS REPLACEMENT
•FREE BRAKE INSPECTION

(**INCLUDING** pads (and/or shoes) / calipers / rotors (and/or drums) / wheel cylinders / hardware (spring and adjusters) / hoses / parking brake cables / fluid condition / wheel bearings and grease seals / master cylinder fluid level)

*Cannot be combined with any other offers. Must present coupon at time of service.

Offer Ends: January 31 2016

Darren Budd

Eric Yapp

AUTO DIRECT

3771 NO.3 ROAD, RICHMOND, BC (OPPOSITE YAOHAN CENTRE)

CALL US TODAY 1.855.582.3691

FOR YOUR QUICK APPROVAL!

www.wcautodirect.com

All prices are subject to documentation and tax. Payments include tax and $895 documentation fees . Terms based on 4.99% over 84 months. All ICBC reports and Car Proofs available on request. DL

Abbotsford set to review parks bylaw

HOUSING

The risk to the homeless population is 'very significant'

Matt Kieltyka
Metro | Vancouver

The City of Abbotsford's plan to review its parks bylaw has renewed fears of homeless people being displaced.

B.C. Supreme Court ruled in October that the city's bylaw preventing people from sleeping in public parks overnight and erecting temporary shelter violates the homeless' "right to life, liberty and security of the person."

The decision, which allowed people to erect shelters in city parks between 7 p.m. and 9 a.m., provided a reprieve for those living outdoors throughout the city, including those camping along Gladys Avenue who have been fighting displacement.

Since the ruling, the city has opened a 40-bed Temporary Response Shelter and transitioned nine people into new permanent housing so far.

Mayor Henry Braun told Metro that council will review the city's park's bylaw next week with a view of bringing it into line with the court ruling.

The city staff report outlining specific recommendations had not yet been made public by Metro's deadline.

Once the bylaw is updated, the city will ask local service providers to focus on finding alternate accommodations for the remaining campers on Gladys Avenue, according to a press release.

That news led to a swift response from Pivot Legal Society, the legal advocacy organization that represented campers in court last year.

Pivot Legal Society lawyer DJ Larkin is calling on the City of Abbotsford to be clear on their plans for the Gladys Avenue homeless camp. MATT KIELTYKA/METRO FILE

> **They need housing and until they get it, people will be outside.**
> DJ Larkin

"Given the needs and realities that were described in the B.C. Supreme Court decision, we object to the dismantling of the Gladys encampment, and all encampments in the city, absent the provision of more appropriate space being made available for more than overnight camping," wrote Pivot in a letter to the city Thursday.

Pivot lawyer DJ Larkin said the city's new shelter is regularly at capacity and worries that any displacement could be detrimental to people currently at the camp.

"The risk is very significant," Larkin said. "The 40-bed shelter is already very busy but shelter isn't the answer. They need housing and until they get it, people will be outside."

Pivot, in its letter, requests the city "be clear on their plans for if, how and when the Gladys encampment will be dismantled."

Braun said there are no immediate plans, adding the city is trying to take a softer, housing-first approach this time around.

"At the end of the day, this isn't about a timeline," the mayor said. "This is about finding people shelter. We've made great headway, I think."

Council meets Jan. 25.

SPENDING

Residents' confidence in B.C. economy wanes, poll finds

British Columbians with a bleak outlook on the province's economy are planning to tighten the purse strings this year, according to a new poll.

Insights West's Economic Insights Trackers, updated Thursday, shows that 48 per cent of people in the province describe economic conditions in B.C. as "poor" or "very poor", a negative perception that is up 26 per cent since the tracker was last updated 13 months ago.

The poor outlook could have a major impact on people's spending habits in 2016.

Forty-three per cent of poll respondents indicated they plan on buying new clothes less often this year, 42 per cent say they will dine out less, 40 per cent say they will spend less on entertainment and 36 per cent say they will travel less.

While a majority of people expect their cost of living to increase (93 per cent predict paying more for groceries), just 24 per cent expect a raise at their current employer.

The online study was conducted between Jan. 13 and Jan. 15 and involved a representative sample of 811 adults.

The margin of error is +/- 3.5 percentage points.

MATT KIELTYKA/METRO

HONDA

bchonda.com

FIND YOUR H PLACE.

SUBCOMPACT CAR IN BC #1 SUBCOMPACT CAR IN BC

BC's #1 SELLING SUBCOMPACT CAR†

2016 FIT DX

LEASE FOR $44* @ 2.99% APR# $0 DOWN PAYMENT‡

Weekly on a 60 month term with 260 payments.
MSRP $16,325** includes freight and PDI.

BC's #1 SELLING COMPACT CAR†

2016 CIVIC LX

LEASE FOR $59* @ 3.99% APR# $0 DOWN PAYMENT‡

#1

Weekly on a 60 month term with 260 payments.
MSRP $20,485** includes freight and PDI.

BC's #1 SELLING SUBCOMPACT SUV†

2016 HR-V LX

LEASE FOR $67* @ 4.99% APR# $0 DOWN PAYMENT‡

#1

Weekly on a 60 month term with 260 payments.
MSRP $22,385** includes freight and PDI.

SUBCOMPACT CAR IN BC #1 SUBCOMPACT CAR IN BC

Visit BCHonda.com today.

†Based on Global Automakers of Canada New Vehicle Registrations for calendar year 2015 for the Subcompact Car/Subcompact SUV/Compact Car segment. *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2016 Fit DX GK5G3GE/HR-V LX 2WD MT RU5G3GEX/Civic 4D LX 6MT FC2E5GE for a 60-month period, for a total of 260 payments of $43.82/$66.75/$58.86 leased at 2.99%/4.99%/3.99% APR based on applying $320/$380/$240 "lease dollars" (which are deducted from the negotiated selling price after taxes). ‡Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $11,393.20/$17,355.00/$15,303.60. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $16,325/$22,385/$20,485 including freight and PDI of $1,595/$1,695/$1,595. License, insurance, registration and taxes are extra and may be required at the time of purchase. */#/**Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, tire/battery tax, air conditioning tax (where applicable) or environmental fees and levies, all of which are due at time of delivery. Offers valid from January 5th through February 1st, 2016 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.w

Earn travel rewards up to 4x faster.

Get 4 points for every $1 spent at grocery stores, gas stations, on dining and entertainment with the **Scotiabank®* Gold American Express® Card**[1]. Plus, no blackouts or restrictions.

Limited time offer of no annual fee for the first year[2]. And earn 20,000 bonus points, good for $200 in travel[3].

Ranked Best Travel Rewards with Fee Credit Card

www.scotiabank.com/4xfaster

You're richer than you think.®*

Scotiabank®*

®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. [1] You will earn 4 points per $1 on the first $50,000 in net purchases made annually at American Express merchants classified in the American Express network as gas stations, grocery stores, restaurants and bars, and entertainment (includes movie theatres, theatres, ticket agencies, and bands, orchestras and other entertainers). Some merchants may sell these types of products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You earn 1 point per $1 on purchases made after you reach the $50,000 annual maximum and on all other purchases. Scotia Rewards points must be redeemed within 60 days of account closure or they will be deleted permanently. If your account is not in good standing, points are not eligible for redemption. Please refer to the Scotia Rewards®* Program Terms and Conditions for full details, available at **www.scotiabank.com/4xfaster**. [2] We will waive the initial annual fee for the primary card and additional cards for the first year. The regular annual fee is $99 for the primary card and $30 for each additional card. Offer applies to new accounts opened by **February 29, 2016**. Any additional cards must be issued by **February 29, 2016**, to qualify for the offer. The annual interest rates for the Scotiabank Gold American Express Card are: 19.99% for purchases; and 22.99% for cash advances, balance transfers and Scotia Credit Card Cheques. Rates and fees are as of September 1, 2015 and are subject to change. [3] Bonus points offer applies to new accounts opened by **February 29, 2016**. To qualify for the Welcome Bonus you must have at least $500 in net purchases posted to your account in the first 3 months from the account open date. Bonus points will be awarded within 2 months after this 3 month period, provided your account is open and in good standing. © 2008-2015 RateSupermarket.ca.

‘It’s going to happen again’

PROCEDURE

Mother who had feet bound by police rages at court verdict

When Bobbi O’Shea sued the City of Vancouver and four police constables for binding her feet together and tethering them under a jail door, she hoped her case would end the practice.

Instead, the mother of four fears nothing will change now that a judge has ruled the police were justified in using the restraint device.

“I know it’s going to happen again,” said O’Shea. “It’s too bad that there are going to be more individuals who are going to suffer what I suffered.”

But she said she was pleased there would be at least “some awareness” of wrongdoing. The judge found the city liable for a breach in her standard of care and awarded her $9,000 in general damages in a decision released to the media Thursday.

The trial heard that O’Shea called 911 after suffering an anxiety attack from smoking crack cocaine in 2008. She expected to be taken to hospital but instead was detained in Vancouver’s jail, where guards alleged she was unco-operative and placed her in the device, called a hobble.

Bobbi O’Shea at the Pivot Legal Society offices in Vancouver last May. DARRYL DYCK/THE CANADIAN PRESS

She said she felt like she was being “tortured” while held for an hour in the hobble, a nylon strap that is wrapped tightly around the ankles, pulled under a closed door and tethered to an object outside.

> **It’s too bad that more individuals are going to suffer.**
> Bobbi O’Shea

Provincial Court Judge Laura Bakan ruled that although the use of the hobble was justified to monitor O’Shea’s safety, the situation shouldn’t have escalated to that point.

Bakan found that the officer in charge of the jail failed to communicate information he had about her medical history to other guards, including that she suffered from anxiety, depression, asthma and a cold.

This led to the guards’ failure to “take into account her medical and emotional problems, resulting in an escalation of her anxiety,” she wrote.

O’Shea told the trial that she covered up a cell window with toilet paper to stop a male guard from seeing her use the toilet, prompting an officer to cuff her hands behind her back. After she moved her hands to her front repeatedly to wipe her badly running nose, she was placed in the hobble.

The judge said in her ruling that the officer should have followed the policy for people who are arrested for public intoxication and brought O’Shea to see a nurse immediately after her arrival at jail. Bakan accepted that O’Shea felt “much pain” from the device, but did not find any assault or battery occurred or that officers intended to cause her pain or punishment.

She dismissed the action against the four constables, instead finding the city vicariously liable for the breach of standard of care.

THE CANADIAN PRESS

COURT PETITION

Battle to foster Métis girl

The British Columbia government is fighting a petition filed by the Métis foster parents of a two-year-old girl to stop her from being moved to Ontario.

A lawyer for the Ministry of Children and Families says an application before the B.C. Supreme Court is an abuse of process because the court has already made a ruling on a similar petition.

The petition aims to prevent the ministry from moving the toddler to live with her two older siblings and their guardians, who she has never met.

The little girl’s foster parents say she has already bonded with them and both they and the toddler are Métis, while the caregivers in Ontario are not.

Jack Hittrich, lawyer for the foster parents, denied the abuse-of-process argument.

The soonest the petition could be heard is March. Hittrich is in court this week to seek an interim custody order to prevent the ministry from relocating the girl in the meantime. THE CANADIAN PRESS

Tomorrow’s jackpot

$10 Million EST.

Plus the GUARANTEED **$1 MILLION** prize.

LOTTO 649

SOMEBODY'S GOING TO WIN.
It could be you.

bclc

Know your limit, play within it. GameSense

19+

VANCOUVERING

THINK BIG. LIVE LOCAL

with icons by **Danielle Vallée** from the noun project

Bad hair days end well

Inspired by some horrendously misguided cuts, Big Bro's Barbershop is a beauty and wellness emporium where queer and transgender customers can get a proper trim as well as chest binders and bra extenders

CAFÉ POLITICS

LGBTQ ISSUES

Thandi Fletcher
Metro | Vancouver

Jessie Anderson, 25, is the owner of Big Bro's Barbershop, a beauty and resource centre created as a safe space for Vancouver's trans community. JENNIFER GAUTHIER/METRO

Jessie Anderson still remembers the awful haircut.

The 25-year-old, who is a transgender man, was still a teenager and just starting to transition when he asked a hairstylist to cut his then-long hair into a Winona Ryder-inspired pixie cut.

"The stylist said, 'Oh, you actually have the completely wrong hair type for this cut,'" Anderson recalled. "She cut off the tiniest, tiniest bit of hair and puffed and curled my hair as much as possible to give it this majorly feminized volume. It was just this bizarre goldilocks look on me and it was the worst."

Reactions like that prompted Anderson to start Big Bro's Barbershop, a queer and transgender business run out of a nondescript warehouse on an industrial road in East Vancouver.

For many transgender people, Anderson said, finding the right stylist can be challenging. He never wants another transgender person to endure the same traumatic experience.

"Tons of trans people either get flat-out rejected from barbershops or salons," he said. "Or they will go and say they want this very specific haircut and the stylist will say, 'Oh, but you won't be pretty anymore. You don't want that.'"

While Anderson is first and foremost a barber, he said Big Bro's Barbershop is about more than just haircuts. A beauty and wellness emporium, the shop provides warm-towel shaves, makeup consultations, nail art, shoe shining and free clothing.

It also doubles as a queer and trans resource centre, offering gender-affirmation products like chest binders and bra extenders.

Anderson came up with the idea while working at Little Sister's Book & Art Emporium. He spent four years working at the Davie Street shop, which began as a bookstore but morphed into a gay and lesbian resource centre.

As one of the only trans employees working there, he started stocking products for transgender customers, items they would otherwise have to buy online or in sex stores and often in the wrong size.

While celebrities like Caitlin Jenner, Laverne Cox and Chaz Bono have made trans people more visible in the public eye in recent years and have helped more people feel comfortable identifying as trans, Anderson said those in the community still face a complex set of challenges.

Nearly a decade after he transitioned, Anderson said he still struggles with tasks like figuring out how to change the sex designation on his birth certificate.

"Every single thing is incredibly, absurdly complicated, and you need help walking through that process," he said. "It still blows my mind that anybody manages to do it."

Anderson decided to go back to school to study barbering with a goal of starting his own business. After crowdfunding to cover the startup costs, Big Bro's Barbershop opened its doors last September.

While haircuts serve as the profit-generating aspect of the business, Anderson said the most important part is being able to sell niche products for the trans community.

"Trans people are systematically underemployed, so relying on trans people exclusively to keep my business afloat was impractical," he said. "But everyone needs haircuts."

FOOD NOTES **MEET ON MAIN**

It's vegetarian, not diet food

Erin Ireland
Metro | Vancouver

MeeT on Main, East Van's year-old vegetarian eatery, is gearing up to open its second location — MeeT in Gastown — in the Water Street space formerly occupied by Boneta and Shirakawa.

Known for comfort food (over stereotypically light plant-based fare), this laid-back, artsy restaurant is well-stocked with deep fryers, rich sauces and french fries. Salads and grain bowls are included on the 45-item menu, but the reason they're packed every night of the week has more to do with their wicked and delectable culinary inventions, like the Angry Burg.

Between a soft kaiser bun sits the thick, beer-battered, Buffalo-hot-sauce-lathered patty, made with house-smoked seitan and veggies. Creamy guacamole and housemade vegan cool-ranch dressing are the super sinful condiments. The result is a perfect combination of spicy, creamy and mouth-watering satisfaction.

If you crave comfort (and meatless meals), get to MeeT on Main Street or at the soon-to-open Gastown joint (coming in about two weeks), where both vegans and carnivores will find themselves beyond satisfied.

Angry Burg, a Buffalo-hot-sauce-lathered, beer-battered veggie patty on a soft kaiser bun. ERIN IRELAND/METRO

THIS CORNER WILL BE IMPOSSIBLE TO IGNORE

WHERE KINGSWAY AND EDMONDS INTERSECT COMES A DYNAMIC NEW LIVING, SHOPPING AND WORKING DISTRICT. IT'S ALL WALKABLE – AND IT'S RIGHT BY RAPID TRANSIT. Kings Crossing by Cressey will create a brand new town centre with diverse retail, handy services and office space, along with three soaring residential towers offering 1, 2, and 3 bedroom homes with views in all directions. Homeowners will have the exceptional quality of life that comes with a Cressey home without paying more than they should.

CALL YOUR REALTOR FOR MORE INFORMATION

REGISTER NOW
KINGSCROSSINGbyCRESSEY.COM

CRESSEY
MĀC Marketing Solutions

This is not an offering for sale. Such an offering can only be made after filing a disclosure statement. E&O.E.

VANCOUVERING

THINK BIG. LIVE LOCAL

with icons by **Danielle Vallée** from the noun project

1 Lisa Corriveau grabs gear from the Tool Library
2 Chris Bruntlett hauls his groceries
3 Corriveau's ride loaded up with festival supplies
4 Bruntlett's family picks up their Christmas tree
5 Cargo bikes can carry just about anything
6 Bruntlett's bike in front of Science World

VANCOUVER TRENDING **CYCLING**

Oh so precious cargo

Amy Logan
For Metro | Vancouver

If you see a stylish woman carrying 350 pounds of bricks, two sawhorses, several tools and two children, or several 10-foot pieces of lumber on a bike, it just might be Lisa Corriveau.

The Spokesmama blogger and cycling advocate has carried all that and more on her Yuba Mundo longtail cargo bike.

It was a trip to Amsterdam in 2005 that spurred on her fascination with these versatile bikes. Everywhere she looked, she saw "families, childcare centres and business owners riding big two- or three-wheeled bakfietsen" — box bikes.

After having two children, she began to see the bike's potential for "hauling kids" as well as cargo. She loves being able to talk to her kids, "hold their hands while riding" or "stop on a dime to look at something they are interested in."

More and more Vancouverites are giving up their cars and choosing to carry their kids or run errands with a cargo bike. Corriveau says she knows at least 10 people who have bought one in the last year, and businesses like Shift Delivery are turning to cargo bikes as a cost-efficient, environmentally friendly alternative.

Chris Bruntlett, co-founder of Modacity, a Vancouver Communications Agency that focuses on urban transportation, also owns a cargo bike with his wife and two children.

He points out that Vancouver's mild climate and ever-expanding cycling infrastructure make it an ideal place for cargo biking. He and his wife find the bike so much fun that they are always "looking for an excuse to ride it."

However, he also notes that, despite the growing demand, few local cycling shops sell cargo bikes since rent is so expensive and they take up a lot of floor space.

Nevertheless, savvy shoppers head to Portland (home to such brilliant ideas as a craft-beer cargo bike) and Seattle or shop online.

Corriveau mentions that "there's a sort of a nod" that cargo bikers often give each other on the streets and emphasizes that her bike offers her a "sense of accomplishment and freedom."

Bruntlett is in the process of organizing the second annual Cargo Bike Championship, which will be held in September, an "exercise in demonstrating the endless possibilities of a cargo bike."

SEA TO SKY **Metro's couch potato trains for the big run**

One cliché at a time

Cam Tucker
Metro | Vancouver

So much for a light jog to get back into the swing of things.

Yes, I took those first, promised steps in training for a half-marathon later this spring. Though on a well-known West Vancouver trail frequented by dogs and their owners, the process was suddenly accelerated from a smooth, relaxing rhythm to a sprint without much warning.

On numerous occasions, running the odd time with my wife has also included a friendly four-legged companion.

Sunday's jaunt was no exception.

About halfway into the run, something must've spooked the dog we were running with. He took off in the opposite direction, forcing me to go into a sprint in order to maintain a visual.

My efforts were proving futile, as multiple physical limitations began to slow me down, until I turned the corner and saw our happy-go-lucky friend emerge from a rocky hill next to the path.

Picture me, bent over, huffing and puffing as I try to get my wind back.

Most importantly, our furry friend was there, tail wagging, ready to return in the proper direction. And he did so without a trace of fatigue. Myself, on the other hand — well that's a different story.

In the end, our run — my first in this training regimen — lasted just over four kilometres. A modest start, yes. But it's a start.

It always bugs me when a professional athlete, with microphones and television cameras shoved in their face, drops the prevailing wisdom of "one game at a time" or "one day at a time" or — my favourite — "one shift at a time."

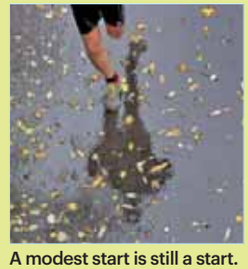
It's boring. But dammit, there's truth to it.

After Sunday's start, my mindset — John Tortorella would be proud — is now to focus on Friday's run. Then, after that, I'll focus on Saturday's run, and perhaps increasing my distance.

(Warning: cliché up ahead.)

One run at a time.

Because at this point, thinking about running 21.1 kilometres for a half-marathon in a few months from now can make this whole experience seem a tad daunting.



A modest start is still a start.
KARL-JOSEF HILDENBRAND/ AFP/GETTY IMAGES

DID YOU KNOW ELECTRICIANS IN BC CAN EARN UP TO $39.32/HR*?

Train in our **state-of-the-art labs** from experienced industry professionals! Apply for the **Construction Electrician Foundation** program and you can earn your diploma in less than a year.

VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:

- EARLY CHILDHOOD EDUCATION
- HEALTH CARE ASSISTANT
- MEDICAL OFFICE ASSISTANT
- PLUMBER FOUNDATIONS
- SOCIAL SERVICES WORKER FOUNDATIONS
- AND MORE!

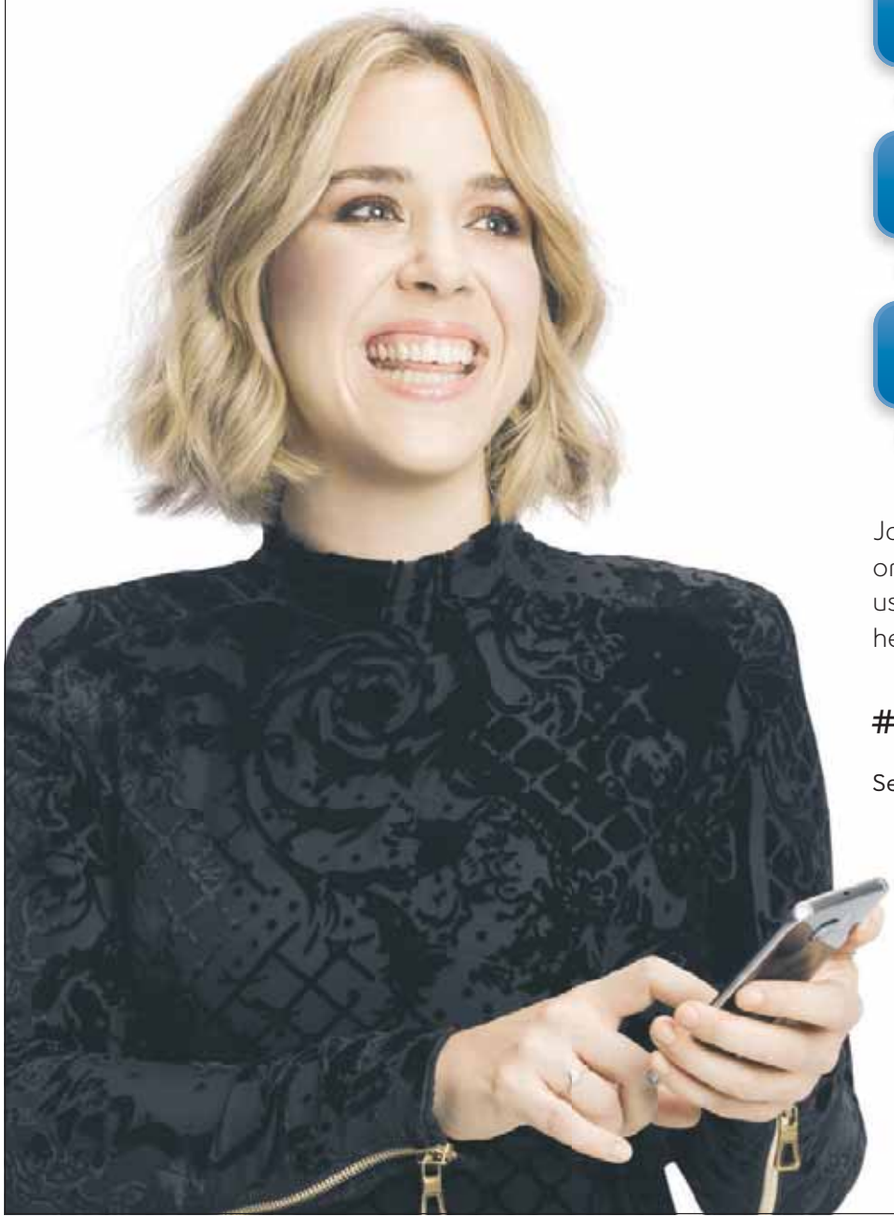
ASK ABOUT OUR EVENING CLASSES!

1.800.993.4086
STUDY.VCCOLLEGE.CA

VANCOUVER CAREER COLLEGE

*jobbank.gc.ca

Financial assistance may be available to qualified applicants.



On January 27

set your

to talk

text

tweet

January 27 is Bell Let's Talk Day. For every text, mobile or long distance call made by a subscriber*, and tweet using #BellLetsTalk, Bell will donate 5¢ more to mental health initiatives across the country.

#BellLetsTalk

Serena Ryder

Bell Let's Talk

bell.ca/letstalk

*Regular long distance and text message charges apply.

Prime Minister of Israel digs Trudeau

FOREIGN POLICY

'Great' meeting in Paris, says Netanyahu

Benjamin Netanyahu, long seen as a close friend and ally of Stephen Harper, says he has since struck up a very good relationship with the former prime minister's new Liberal successor.

The Israeli prime minister, in Davos this week for the World Economic Forum, said he and Justin Trudeau had a "great" meeting at an earlier international gathering in Paris.

"We have a very, very good relationship," Netanyahu said.

Strong, unwavering support of Israel was long a foreign policy pillar for the Conservative government under Harper, who in Israel in 2014 famously promised that Canada would stand with the Jewish state through fire and water.

Trudeau has pledged similar support for Israel, although he is greeted with skepticism from some corners of Israeli supporters in Canada. Not so Netanyahu, who insisted he has no misgivings about the Liberals.

That's even after Trudeau promised to pull Canadian fighter jets out of the battle against the militants of the Islamic State of Iraq and the Levant (ISIL) — a decision the Israeli leader insisted Thursday was entirely Canada's to make.

> **There are other ways that we will be engaging militarily.**
> Prime Minister Justin Trudeau

The conflicts in the Middle East have come up repeatedly at the Davos meeting, including minutes before Trudeau took the stage Wednesday for his keynote address. Iran's foreign minister, sitting on the same stage Trudeau and Netanyahu would each soon occupy, argued there was no military solution to the crisis, only a political one.

Trudeau has been publicly pressed twice in Davos on his decision to withdraw the six CF-18s taking part in the bombing mission. Twice, he has cited Canada's military expertise in training security and gathering intelligence, the result of a decade spent fighting in Afghanistan.

"We definitely have much to contribute on helping local militias and local troops be more effective in the direct fight," Trudeau said in a session with CNN host Fareed Zakaria.

"If there's one thing that recent history has taught us, it's that ultimately conflicts like this need to have their resolution on the ground with people who ... want to take their countries back from terrorists."

THE CANADIAN PRESS

Maude Carrier was among the six Quebecers who were killed in the terrorist attack in Burkina Faso. Carrier's husband says he hung up on Justin Trudeau when the prime minister called him earlier this week. FACEBOOK.COM

BURKINA FASO ATTACKS

Hanging up on PM 'felt good,' says husband of terror victim

The husband of one of the Quebecers killed in the Burkina Faso terrorist attack says hanging up on Justin Trudeau "felt good" after the prime minister called him earlier this week.

Yves Richard told Montreal radio station 98.5 FM on Thursday he was frustrated in the hours after last week's tragedy with what he called Global Affairs Canada's lack of tact and empathy.

He did say the situation has since improved and that the families of victims are being treated better.

But Richard was not impressed with Trudeau when the prime minister rang him up Monday, three days after the attack that killed his wife, Maude Carrier, and five other Quebecers.

"My prime minister called me and began speaking in such a canned manner, wishing me good luck, offering me his condolences and talking about them as a source of Canadian pride," he said.

"That's when I told him to stop his political blabbing.

"If he's going to call me, then at least he should know who the Carriers are. It wasn't out of Canadian pride that they were doing what they were doing but rather because they were basically good people."

The six were on a humanitarian mission in Burkina Faso's capital of Ouagadougou when al-Qaida carried out the attack.

Four of the dead were from the same family: Yves Carrier, his wife Gladys Chamberland, their adult son Charlelie Carrier as well as Maude, Yves Carrier's daughter.

Richard said his conversation with Trudeau ended with him telling the prime minister to go hug his wife and children.

"Then I hung up on him and it felt good."

THE CANADIAN PRESS

> **If he's going to call me, then at least he should know who the Carriers are.**
> Yves Richard

ISSofBC

English Now!

No-cost English Language training for BC immigrants.

- Job-related English training in administration or retail busines
- No-cost classes plus weekly one-to-one tutorials with your instructor
- Connections to employment programs and employers
- Classes in Vancouver, Richmond, Langley or New Westminster
- Transit fares provided

Contact English Now at ISS of BC for details.

604-684-2325
englishnow@issbc.org
www.issbc.org/english-now
Vancouver ● Richmond ● New Westminster ● Langley

Canada | WelcomeBC

Project Based Language Training is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columia

www.issbc.org facebook.com/issbc twitter.com/issbc

Interested in Invisalign®?

Participate in a clinical study to **reduce orthodontic treatment time** by as much as 50%.

Qualified participants in the study will be paid an **honorarium of up to 35% of treatment cost.**

DR. PETER BRAWN

Schedule a free consultation.
Vancouver | North Vancouver | Nanaimo
778-588-7339
drpeterbrawn.ca

Bolivian lake evaporates

ENVIRONMENT

Major water loss linked to climate change, says expert

Overturned fishing skiffs lie abandoned on the shores of what was Bolivia's second-largest lake. Beetles dine on bird carcasses and gulls fight for scraps under a glaring sun in what marshes remain.

Lake Poopo was officially declared evaporated last month. Hundreds, if not thousands, of people have lost their livelihoods and left.

High on Bolivia's semi-arid Andean plains at 3,700 metres and long subject to climatic whims, the shallow saline lake has essentially dried up before, only to rebound to twice the area of Los Angeles.

But recovery may no longer be possible, scientists say.

"This is a picture of the future of climate change," says Dirk Hoffman, a German glaciologist who studies how rising temperatures from the burning of fossil fuels has accelerated glacial melting in Bolivia.

As Andean glaciers disappear, so do the sources of Poopo's water. But other factors are in play in the demise of Bolivia's second-largest body of water (behind Lake Titicaca).

Drought caused by the recurrent El Nino meteorological phenomenon is considered the main driver. Authorities say another factor is the diversion of water from Poopo's tributaries, mostly for mining but also for agriculture.

More than 100 families have sold their sheep, llamas and alpaca, set aside their fishing nets and quit the former lakeside village of Untavi over the past three years, draining it of well over half its population. Only the elderly remain.

"There's no future here," said 29-year-old Juvenal Gutierrez, who moved to a nearby town where he ekes by as a motorcycle taxi driver.

Record-keeping on the lake's history only goes back a century, and there is no good tally of the people displaced by its disappearance. At least 3,250 people have received humanitarian aid, the governor's office says.

Poopo is now down to two per cent of its former water level, regional Gov. Victor Hugo Vasquez calculates. Its maximum depth once reached five metres. Field biologists say 75 species of birds are gone from the lake.

The head of a local citizens' group that tried to save Poopo, Angel Flores, says authorities ignored warnings.

"Something could have been done to prevent the disaster. Mining companies have been diverting water since 1982," he said. THE ASSOCIATED PRESS

1 A fisherman walks along the abandoned boats in the dried-up Lake Poopo — once the country's second-largest lake — on the outskirts of Untavi, Bolivia.
2 Felix Rojas, 78, who has paid his children's education from fishing in Lake Poopo, doesn't know what the future holds.
3 A boy swats away mosquitoes in Untavi, near the shores of Lake Poopo, which was **officially declared evaporated in December 2015.**

EASTERN SEABOARD

Drivers brace for big storm

Drivers in the Washington, D.C. area spent hours in icy gridlock ahead of heavy snowfall that's predicted to arrive by the weekend from the Appalachian Mountains to Philadelphia and maybe farther north.

On Thursday morning, Virginia Gov. Terry McAuliffe issued a state of emergency and said people should "take the threat of this storm seriously." He warned of travel disruptions and power outages. McAuliffe said crews are treating roads before the weekend storm hits, but state transportation officials urged drivers to stay off the roads.

Treated roads were clear, but some elevated roads, ramps and side streets were icy with drivers creeping along.

The National Weather Service said in a statement Wednesday that up to 40 centimetres of snow could come down between Friday night and Sunday morning.

The storm will bring ice and freezing rain to Arkansas, Tennessee and Kentucky starting Thursday, prediction centre meteorologist Rich Otto said. THE ASSOCIATED PRESS

SOUTH AFRICA

Mos Def's worldly passport rejected

Mos Def's arrest in South Africa shined a light on the world passport, a document invented by a Vermont man in the aftermath of the Second World War.

The 42-year-old rapper and actor, who is also known as Yasiin Bey, was accused of trying to leave South Africa while using a passport not recognized by that country.

Mos Def has been living in South Africa for almost three years and had used a U.S. passport when previously entering and leaving the country. He was arrested when he tried to leave Jan. 14 using a passport issued by the World Service Authority.

Mos Def THE ASSOCIATED PRESS

Q: What is a world passport?
A: The world passport is a machine readable travel document that resembles traditional passports issued by most nations of the world. The passports are now administered by a Washington-based non-profit called the World Service Authority.

Q: What is the World Service Authority?
A: The authority promotes the concept of world citizenship, the idea that a person should find community in all people of the planet as opposed to within a nation state. It also offers marriage certificates, birth cards and other documents typically issued by governments.

Q: What is its history?
A: In 1948, Garry Davis, a former Broadway actor and a former bomber pilot in the Second World War, renounced his U.S. citizenship and declared himself a "citizen of the world." In 1953 in Ellworth, Maine, Davis declared the founding of the World Government of World Citizens.

Q: Why would someone get a passport?
A: World passports were created in the 1950s by Davis as a way of giving stateless people and refugees access to identification that could be used to cross international boundaries. The authority says the world passport represents the "inalienable human right of freedom of travel on planet Earth."

Q: Which states recognize it?
A: It's unclear. The World Service Authority website lists 183 countries that the organization claims have recognized the passports by stamping a visa or exit or entry stamp in them.

Q: How do you get one?
A: Passport-seekers can fill out applications on the World Service Authority website. A 10-year passport costs $100, plus shipping and handling. THE ASSOCIATED PRESS

GET APPROVED NOW!
SIMPLE AND SECURE APPLICATIONS
Specializing in:
• New to the Country • No Credit •
• Good Credit • Bad Credit •
• Bankruptcies • Repossessions •
• Divorce • Judgements •

Robin
Call
778-929-1607

FIRST PAYMENT'S ON ME until the end of January
DRIVE AWAY TODAY!

PRICES

Fuel surcharges persist as crude slides

The price of crude oil has plummeted about 41 per cent since this time last year, but many companies, from airlines to couriers, continue to levy a hefty fuel surcharges.

Air Canada rolled fuel costs into its base fare for North American flights in 2008, when the price of West Texas Intermediate crude was $137 US per barrel and rising. It introduced a fuel surcharge on international flights six years earlier.

Crude is now under $30 US a barrel. Yet even now Air Canada and a host of other companies have a fuel surcharge.

Air Canada has blamed the weak loonie, saying it has to buy fuel with U.S. dollars. But Ambarish Chandra, an economics professor at the University of Toronto, says their argument doesn't hold up because the price of oil has fallen much more than the loonie has.

The Canadian dollar has decreased in value by about 11 per cent since January 2015, whereas the price of benchmark WTI crude has tumbled more than 40 per cent — from about $48 a barrel to $28.

Airlines aren't the only companies that pile on a fuel fee. Canada Post first slapped a 2.25-per cent surtax on the delivery price of parcels and packages in 2003.

Taxis and limos serving Toronto's Pearson airport began to charge based on the average price of gas per litre in 2008.

The Freight Carriers Association of Canada recommends a fuel surcharge for the trucking industry, but each company sets their own rates.

Canadian Pacific and Canadian National railways impose a fuel surcharge based on the average price of U.S. Energy Information Administration diesel.

TORSTAR NEWS SERVICE

Right now, a little gets you a lot.

SAMSUNG GALAXY GRAND Prime
$0 on WINDtab™

nexus 5X
$0 on WINDtab™

The Unlimited Everything Plan only until Jan 31st

- Unlimited Data
- Unlimited calls to Canada and the USA
- Unlimited Global Text
- Low international calling rates starting at 1¢/min
- Reduced roaming rates in over 50 countries
- Voicemail+
- Call Control features (Caller ID, Conference Calling, Call Forward, and Call Waiting)

$39/mo

Offer ends Jan 31st

WIND

Learn more at WINDmobile.ca. Offer is valid as of December 11, 2015 and is subject to change or cancellation without notice. All unlimited plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. Eligible devices may be activated for $0 phones with WINDtab. WINDtab terms and conditions apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Google, Nexus and Android are trademarks of Google Inc. Samsung and Samsung Galaxy Grand Prime are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2015 WIND Mobile

Prime Minister Justin Trudeau addresses the Global Shapers on Pluralism session in Davos on Thursday. THE CANADIAN PRESS

Be like us, Canada tells world

WORLD ECONOMIC FORUM

Ministers tell countries to spend way out of downturn

Canada's plea to its international counterparts to open their wallets and spend their way out of a worsening global economic slump is resonating among the world's economic power brokers.

At a time when some countries are looking at austerity to help them pull through a shaky economy, Canadian cabinet ministers have been telling anyone they meet at the annual meeting of the World Economic Forum that deficits are the way out of the downturn.

"Interest rates are at historic lows. We can make significant investments because we have that, plus an opportunity with our low amount of debt, especially in comparison with other countries," Finance Minister Bill Morneau said Thursday.

"What I hear from other people in my position around the world is this is the right initiative at this time, and we know it will make a difference for Canadians."

Some countries, particularly in Europe, don't have the fiscal room to take on more debt, said author and journalist Fareed Zakaria, who interviewed Justin Trudeau after the prime minister's keynote speech on Wednesday.

Canadian business titan Michael Sabia said countries have become too dependent on monetary policy and need to put in place a much broader growth strategy and "focus on the real economy."

That focus, he said, has been lost because of upheaval in the markets. Stock values are dropping, along with the price of oil and the loonie, together spooking some observers into pressing the federal Liberals to respond. THE CANADIAN PRESS

IN BRIEF

Publications target of Playboy lawsuit

Playboy has filed a copyright lawsuit against Toronto-based Contempo Media and Montreal's Indecent Xposure alleging they illegally reproduced photographs of Kate Moss taken for Playboy's 60th anniversary.

THE CANADIAN PRESS

market minute

DOLLAR 70.03¢ (+1.02¢)

TSX 12,035.86 (+192.75)

OIL $29.53 US (+$1.18)

GOLD $1,098.20 US (–$8)

NATURAL GAS: $2.138 US (+2.0¢)
DOW JONES: 15,882.68 (+115.94)

>> The new 2016 smart fortwo.

The urban original is more fun, and more affordable than ever. Hurry in, offer ends soon.

The new 2016 smart fortwo pure.
Total price: $19,555*

Payments from	With	Lease APR*
$196 monthly*	$4,800 down*	2.9% for 45 months

** License, insurance, registration & taxes extra.

smart - a Daimler brand

1-855-586-4491 **vancouver.thesmart.ca**

smart Centre Vancouver	smart Centre Boundary	smart Centre North Shore	smart Centre Richmond	smart Centre Surrey
550 Terminal Avenue	3550 Lougheed Highway	1375 Marine Drive	5691 Parkwood Way	15508-104 Avenue
Vancouver	Vancouver	North Vancouver	Richmond	Surrey
D#6276	D#6279	D#6277	D#6278	D#11013

©2016 smart Canada, a Division of Mercedes-Benz Canada Inc. Model shown is a 2016 smart fortwo coupe. *Total price for the 2016 smart fortwo coupe is $19,555, which includes an MSRP of $17,300 plus freight/PDI of $1,495, dealer admin fee of $595, air-conditioning levy of $100, PPSA up to $45 and a $20.00 fee covering EHF tires, filters and batteries. Lease offer based on the 2016 smart fortwo pure coupe (Stock #B1695313). Lease example based on $196 (excluding taxes) per month for 45 months. Due on delivery includes down payment or equivalent trade of $4,800, plus first month lease payment, security deposit, and applicable fees and taxes. Lease APR of 2.9% applies. Total cost of borrowing is $1,185, total obligation is $15,233. 12,000 km/year allowance ($0.20/km for excess kilometres applies). Lease offer is available only through Mercedes-Benz Financial Services on approved credit for a limited time. **Vehicle license, insurance, and registration, options and taxes are extra. Offer may change without notice and cannot be combined with any other offers. Dealer may lease, finance, or sell for less. See your authorized smart Centre for details or call smart Vancouver Customer Relations at 1-855-586-4491. Offer valid on vehicles delivered on or before January 31, 2016.

metro VIEWS
Your essential daily news
Weekend, January 22-24, 2016

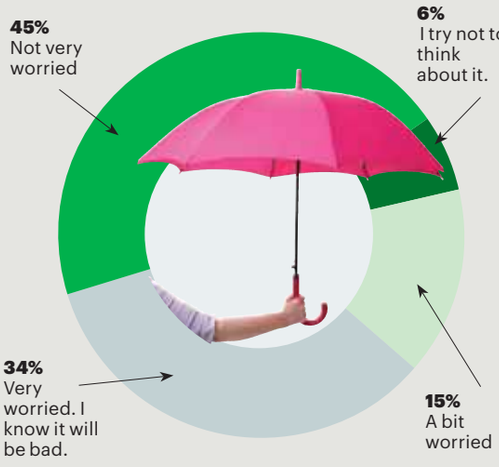
Metro POLL

Feeling the (climate) heat

Visit metronews.ca **to have your say.**

Scientists say 2015 was the warmest year worldwide since record-keeping began (and 2014 was the second-warmest). Climate change is coming fast. We asked our readers if they're doing anything to cut their carbon footprint, and how concerned they are about the future.

1 How worried are you about climate change and extreme weather in the coming years?



2 What was the weather like for the past 12 months where you live?

33% Warmer than usual
32% The same as ever
17% Just all-around weird
9% Colder than usual
5% Wetter than usual
4% Drier than usual

3 What are you doing to reduce your carbon footprint?

20% Reducing energy use around the home
17% Reducing garbage
13% Using efficient vehicles/appliances
10% Eating less meat
10% Taking transit, biking or walking
8% Nothing. I don't care.
7% Planting trees or a garden
7% Reducing air travel
4% Donating to environmental organizations
2% Nothing, but I feel bad about it
2% Other

I take trains and reduce garbage.
I talk about climate change with others, trying to spread ideas for solutions.
I'm worried it's too late.
My lifestyle creates a very small carbon footprint. This is in effort to save money and avoid polluting the planet.

WE ASKED Metro readers

'Clean eating' based on faith, not solid science

Genna Buck
Metro | Toronto

Many of today's popular brand-name diets can be boiled down to a list of rules that start with "Thou shalt not."

As the new year's dieting season drags on, every bookstore shelf and morning TV show has self-styled experts advocating all-out bans on whole categories of foods, all in the name of "clean eating."

I'd love to be able to quickly and efficiently debunk "clean eating," but I can't. It has no precise definition. What's "clean" to a bodybuilder may not be to a paleo person. One "clean" regimen du jour is premised on the theory that wheat and dairy (and sometimes other stuff, depending on the specific strain of dubious science) cause a vague but scary-sounding *inflammation*.

If you believe some foods are "clean," then others must be "unclean." And that is a very, very old idea. Dairy and wheat, to the dairy-and-wheat-free crowd, aren't unclean in any real-world way. They're *ritually* unclean, like pork is to observant Jewish folks.

And what do faith-based food restrictions do? They identify you with a tribe, whose members support and motivate you to stick with their rules and shame you if you don't. Modern-day food tribes — like the Bulletproof crowd, the Whole 30 club, the Wheat Belly people — fill the same role. If one of these programs is helping you build good habits and eat less junk food: Awesome. Carry on!

But know this: Almost no nutrition science is solid enough to indicate that anything — except trans fats — should be cut from healthy adults' diets entirely.

Last week, Julia Belluz at Vox compiled a list of all the things that make nutrition research bloody difficult and expensive. First, it's maddeningly individual. Different people respond differently to the same diet. People also don't stick to diets, even when they're told to as part of a study. Few researchers follow subjects more than a few weeks, which means the outcomes that are being measured are things like short-term changes in blood pressure, not, say, long-term incidence of heart disease.

Long-term observational studies, which rely on people's reports of what they eat, are full of confounding factors that can't all be accounted for. An increased recognition of these limitations is part of why conventional nutrition wisdom has about-faced on fat.

That said, in general, author Michael Pollan's advice ("Eat food. Not too much. Mostly plants.") holds up in light of what evidence we do have. To my knowledge, there's never been a study showing fresh vegetables are bad for you. Sugar isn't poison. Your body can handle the occasional calorie wallop in the form of a large Coke, but don't push your luck. Refined flour has a well-deserved bad rap, but whole grains are yummy and good for you. Minimize your consumption of additives and preservatives and what-not, not because they're poison (your kidneys have your back), but because you can do better by choosing whole foods most of the time. The best advice is moderation, McGill nutrition professor Linda Wykes told me. If you dream of deep-fried Mars Bars, you can indulge, *once in a while*, without worry. Thank the higher power of your choice for that.

Genna Buck is a science writer and a section editor at Metro. Follow her on Twitter @genna_buck.

ROSEMARY WESTWOOD

metroview

How to be a 21st-century woman on Instagram

How to be a woman on Instagram.

A bare ass is a good look.

A young bare ass. Perky yet squishy, like babies' cheeks.

Wear a thong or transparent panties, high-end lingerie, and tag the designer. That's a repost and hundreds more followers, easy. #lace.

Right angle, right lighting. Framing is everything. My face is not great, so I only take outdoor selfies in the winter when the sun's at 3 o'clock and my arm's at a 66-degree angle.

Write one supportive message every three and a half days: "Believe in yourself! All women are strong and powerful!! Love you guys! (Emoji, emoji)."

It might take 100 tries and I have carpal tunnel now, but no one said Instagram would be easy. My volleyball coach always said: "Perfect practice makes perfect." I say: "Perfect perfect perfect perfect."

You're the sum of your parts, you know? It's not just this one round ass — it's the body of your work, the complete work of your body.

If I take a cleavage shot in an oversized men's shirt while perching on the edge of a bed with rustled sheets — I'm not doing that tomorrow. One cleave shot a week.

I'll do a #greenisgood smoothie or an elevator selfie with my new Marc Jacobs handbag. A yoga pose, a cut avocado ("Brunch!"). Stuff that's real. Pre- and post-pregnancy bellies are huge right now. Also, post-breast-job shots with bandages. How will people know it's really real? That's not the point.

Take that young, hot Argentinian artist, the one who's now an art star. She was posting all these photos on Instagram and taking on all these personae — workout streetwear chick, frilly innocent-face-girl, post-boob-job vixen. It was all about her in Los Angeles, making it in the city, and people loved it. Thousands of followers. But it turned out it was all an act. It was art.

For five months, she was pretending to be real on Instagram, to show the "construction of femininity." And now all these galleries are actually showing her Instagram photos. The Tate Modern. I'm not kidding.

The point is, she kept getting likes even when people found out it was fake! She has close to 90,000 followers — that's real. That's Instagram. And some stuff was really real. Word is, she really did get some minor plastic surgery. Just the boob job was a fake.

Now she's modelling for Gucci. She's on a Forbes 30-under-30 list. Like I said: Hard work. But it pays. Now take my photo.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank
VICE PRESIDENT & EDITOR
Cathrin Bradbury
VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout
MANAGING EDITOR VANCOUVER
Jeff Hodson
ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

If you like FareSavers, you'll love Compass Card.

FareSaver sales end in January. Get the same great rate with reloadable Stored Value on your Compass Card. You'll never have to worry about tickets again. **Great savings, better benefits.**

Ask for Compass wherever transit fare products are sold.
Learn more at translink.ca/faresavers or call 604.398.2042.

Load. Tap. Ride.

TRANSLINK

metro WEEKEND
Your essential daily news
MOVIES TELEVISION GOSSIP

Not your typical teen star

5TH WAVE

Chloë Moretz has impressive run of strong, serious roles

Richard Crouse
For Metro Canada

Eighteen-year-old Chloë Grace Moretz played a young vampire in Let Me In, a would-be superhero in Kick Ass and cinema's most famous telekinetic, Carrie. It's a diverse group of roles, but Moretz says she can draw a straight line from character to character.

"They're linear," she says, "in the sense that they're all strong characters. A lot of them are like me, the basis of them. They all have a big mountain in front of them but they are going to climb it and fight as hard as they can."

This weekend she stars in The 5th Wave, a world-under-attack sci-fi flick based on Rick Yancey's young adult novel of the same name. Moretz plays Cassie and her "big mountain" is an alien invasion that devastates the planet, separating her from her younger brother. Can she find her sibling before the deadly 5th wave hits?

You'll have to buy a ticket to find out. The only thing I can tell you for sure is that it is another spunky performance from the actress.

Over the course of a short but eventful career spirited characters have become her stock in trade. She has made a habit of playing people with rich lives swirling around them. For instance, she's a sparkplug teenage prostitute in The Equalizer, a confused best friend to Keira Knightley in Laggies and a movie star with a scandalous life in Clouds of Sils Maria.

Here are her top three career defining roles:

Spunky: In If I Stay Moretz plays Mia, a gifted teenage cellist from a family of musicians. When a catastrophic accident throws her into a coma she has an out-of-body experience. The rest of the story is told from the perspective of her memories before the accident and in the present, as she observes, ghostlike, the aftermath of the car crash.

Here she delivers what may be her best performance yet. As Mia she is a talented teen just discovering a life beyond the cello that has been her constant companion since she was young. It's a simple and uncluttered performance with a lot going on behind the eyes.

Spunkier: In the 2013 remake of Carrie she put her own spin on Stephen King's most famous character, originally played by Sissy Spacek in 1976. Where Spacek was a true outsider, an abused, naïve girl, Moretz plays her with a bit more pluck. Both are Ugly Ducklings transformed into swans and then monsters, unwitting and undeserving victims of horrible abuse, but Moretz gives Carrie more backbone than her predecessor.

Spunkiest: Undoubtedly her signature spunky performance came in 2010's Kick-Ass. If Quentin Tarantino made a kid's coming-of-age movie it might look something like Kick-Ass. It has most of his trademarks — clever dialogue, good soundtrack and some high octane violence — but there's a twist. The bloodiest, most cutthroat purveyor of ultra violence in the film is an 11-year-old girl.

The action scenes are plentiful and frenetic and once you get past the question, "Why would Chloë Moretz's parents allow her to do this?" they're really fun. It's a little unsettling to see a young girl wielding a switchblade, gunning down dozens of bad guys and going hand-to-hand with a full grown man, but not since Natalie Portman in Léon has the screen seen such a sweet-faced assassin.

MOVIE RATINGS by Richard Crouse

Dirty Grandpa	★
The 5th Wave	★★
45 Years	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Borrow up to $3,000.*
For life's little big things.
We can help. Money Mart®
Installment loans offered in select provinces only. See moneymart.ca for details. Loan principal amounts vary between $500 and $3000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loans have terms of 12 to 24 months* with payments due on scheduled income deposits during the term. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All Rights Reserved.

Zac Efron: More than meets the abs

DIRTY GRANDPA

Is the babe really a talented thespian? Maybe, at times

Matt Prigge
Metro | New York

Zac Efron stars alongside Robert De Niro in the spring break comedy Dirty Grandpa. CONTRIBUTED

This week, the first High School Musical movie turned 10 years old. You can't say it's too early to tell if its Abercrombie-and-abs male lead, one Zac Efron — the costar of this weekend's Dirty Grandpa, in which he parties with Robert De Niro — is secretly a talented thespian. After all, he's been in the game since the 1989 TV movie Triple Play. He should have figured what he's capable of by now — or at the very least, we should have figured out what we think about him.

And yet it's still hard to tell. This much we do know: When he's making fun of himself and his bro-ish stature, he's very good.

When he popped up as a Pabst-crushing, devious frat lord in Neighbors, it was a revelation. Not only did he prove a fine, smarmy foil to Seth Rogan's discombobulating young dad, but he quietly telegraphed a real panic: Maybe boozing through college was his peak. Maybe he can do nothing but take his shirt off. You could even sense the real Efron freaking out underneath his perfectly sculpted figure and six-pack abs.

He had good reason to worry: When he's tried for serious and/or indie roles — in Richard Linklater's Me and Orson Welles, in Ramin Bahrani's At Any Price — he was bland and vacant.

Director Lee Daniels used that well in his reliably insane The Paperboy, in which the pretty boy did little but bop about in his tighty-whities and, in one scene we still can't believe exists, got peed on by Nicole Kidman. (He'd just been stung by a jellyfish. It totally makes sense.)

When he tried to cut loose, with the rom-com The Awkward Moment, he came off as heartless, not funny and charming. (Please read Bilge Ebiri's brilliant review, which jokingly reads it as a dark drama about a predatory sociopath.)

And yet this summer he surprised us again. Yes, everyone hated the DJ drama We Are Your Friends, and it had one of the worst openings of any wide release in history. But Efron actually found a touching soulfulness to his young, precocious and foolish aspiring music maker, subtly — subtly! Zac Efron can be subtle! — conveying that point in dumb youth when we realize everything we assumed about ourselves and our futures is wrong. It suggested he might, in the right hands, as he comes upon his 30s, evolve into a strong dramatic actor — or at least better than he was as a soldier in the Nicholas Sparks outing The Lucky One.

A LOOK BACK

Zac Efron's past roles:

17 Again (2009)
Early in his career Efron was happy to take shallow parts typecasting himself as a pretty boy heartthrob with funny one-liners. It's a card he played well in 17 Again, where a 37-year-old is reincarnated as a 17-year-old

Charlie St. Cloud (2009)
Even though comedy is where he shines, Efron took on a more serious role in this Nicholas Sparks adaptation about a young sailor who talks to his younger brother, who died in a car crash. The movie is so cheesy it's hard to watch.

New Year's Eve (2011)
In this movie, Efron plays a delivery dude tasked with helping a record exec complete a list of crazy resolutions before midnight. Efron is doing what he does best: serving as the humourous eye-candy. EMILY LAURENCE/METRO NEW YORK

metro

Tell us how you really feel.

Join our online reader panel and help make your Metro even better.

Text 'metro' to 236-237-1740

Robert De Niro Zac Efron
Dirty Grandpa
Jason is ready for adulthood. His grandpa isn't.
#DirtyGrandpa
/VVSFILMS /VVS_FILMS billblock media QED JOSEPHSON ENTERTAINMENT VVS FILMS
14A Coarse Language, Sexually Suggestive Scenes
STARTS TODAY!
CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES

RiverRock CASINO RESORT | PROUD of our people, our business, our community

RIVER ROCK CASINO RESORT INVITES YOU TO BE PART OF OUR TEAM!

Come and explore the exciting employment opportunities available.

River Rock Casino Resort is holding a **CAREER FAIR** on **Wednesday, January 27, 2016** from **9:00AM-2:00PM** at **River Rock Show Theatre, 8811 River Road, Richmond, BC**

Some positions available include:

- **Commis Chef**
- **Chef de Partie**
- **Dishwasher**
- **Busperson**
- **Server**
- **Houseman *(Housekeeping)***
- **Guest Services Representative**
- **Floor Security**
- **Slot Attendant *(Part Time On Call)***
- **Card Dealer In Training *(Starting February 4, 2016 Blackjack Course)***
- **Demi Chef**
- **Sushi Chef**
- **Bartender**
- **Host/Hostess**
- **Bellman**
- **Front Desk Agent**
- **Sous Chef**
- **Concierge**
- **Receiver**

Come and find out how we can expand your skills and grow your career with benefits.

Please bring a copy of your resume and 2 work references - interviews will be conducted on site.

For more information, including job descriptions and qualifications, please visit our website at **www.greatcanadiancasinos.com/careers**

YOU COULD WIN

JEREMY HOTZ

INTERNATIONAL MAN OF MISERY

FRONT ROW TICKETS AND

club metro

A TRIP FOR TWO TO THE 2016

MONTREAL JUST FOR LAUGHS COMEDY FESTIVAL

THE WORLD'S LARGEST AND MOST PRESTIGIOUS COMEDY FESTIVAL

GO TO WWW.METRONEWS.CA/CONTESTS TO ENTER TODAY!

1 You could win a pair of front row tickets to the Jeremy Hotz International Man of Misery show presented by Just For Laughs at the Vogue Theatre on February 26!

2 GRAND PRIZE a trip for two to the 2016 Montreal Just For Laughs Comedy Festival, including return first-class train tickets, courtesy of VIA Rail Canada, a 3-night stay at the Delta Montréal Hotel and tickets to a variety of Festival comedy shows!

VIA Rail Canada

DELTA MONTRÉAL

FEBRUARY 26 | 7:00 PM | VOGUE THEATRE

TICKETS AVAILABLE AT VOGUE THEATRE BOX OFFICE

1-888-732-1682 | TICKETFLY.COM

No purchase necessary. One entry per person, per day. Contest open to residents of the provinces of Nova Scotia, Ontario, Manitoba, Alberta and British Columbia, who have attained the age of majority in their province of residence at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. There are two (2) pairs of front row tickets to Jeremy Hotz International Man of Misery in each market available to be won; as well as there is one (1) Grand Prize of a trip for two to the 2016 Montreal Just For Laughs Comedy Festival, which includes return two (2) first-class train tickets to Montreal (Business class in the Québec City-Windsor Corridor or Sleeper Plus class on long-haul trains), courtesy of VIA Rail Canada (departing from a major Canadian VIA Rail train station closest to the selected entrant's place of residence in Canada and returning to same departure station – transportation to and from VIA Rail train station not included) , three (3) nights of hotel accommodations, courtesy of the Delta Montréal Hotel and tickets to Festival comedy shows. Approximate retail value of $3,000 CDN (based upon departure from Vancouver, actual value may vary depending upon time and year of departure). Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on January 14, 2016 and closes at 11:59 pm ET on February 1, 2016. To enter and for complete contest rules visit metronews.ca/contests.

HAHAHA.COM/JEREMYHOTZ

FACEBOOK.COM/JUSTFORLAUGHS | FACEBOOK.COM/JEREMYHOTZ

@JUSTFORLAUGHS | @JEREMYHOTZ

Just for laughs Live

comedy métro

X-Files star admits to 'chemistry,' 'history'

Gillian Anderson and David Duchovny team up to reprise their roles as FBI agents Fox Mulder and Dana Scully in the next chapter of The X-Files airing Sunday on CTV. HANDOUT

THE X-FILES

Duchovny says Mulder and Scully bond just needs 'biology'

For Chris Carter, there's nothing scarier than sitting in an audience and watching The X-Files.

The first episode of Carter's reboot of his sci-fi franchise had its world premiere last October at MIPCOM, the international TV marketplace. It was screened again last week for critics at the California Science Center in Los Angeles.

Throughout both screenings, Carter squirmed in his seat.

"Television is something you normally experience in a small room with your friends and loved ones," he said. "I rarely get a chance to see it with an audience. It was thrilling, but it filled me with anxiety."

With original stars David Duchovny and Gillian Anderson back and, as Carter noted, "looking fabulous," The X-Files seems like a brand poised for a return to the world stage.

Duchovny and Anderson joined Carter last week at the Television Critics Association press tour. They were asked if the old chemistry was there. "We've gone beyond chemistry to history," said Duchovny, who teased fans by adding, "We have chemistry and history; we're going to try and have biology."

Both stars have enjoyed busy careers since The X-Files series ended 13 years ago. Duchovny, who went on to Californication and Aquarius, says his children are now old enough to watch the series. Anderson lives in London and balances stage work with series such as Hannibal and The Fall.

"Living over there, I found a mix between film and theatre and TV, and that suits me just fine," says Anderson.

Carter acknowledges the world has changed since the series launched in 1993. There are references to innovations such as Uber and WikiLeaks. Carter feels the world has become more conservative, more paranoid — riper for his brand of storytelling.

Television has also changed. Critics speak of a new "golden age" of TV drama, some of it made by people who got their start on The X-Files, including Homeland executive producer Howard Gordon and Breaking Bad's Vince Gilligan.

The X-Files also helped establish Vancouver as a main player in North American network TV production. The miniseries returned to the North Shore studios where it all began, with production wrapping a little over a month ago.

Duchovny — often blamed for the series relocating from Vancouver to Los Angeles after six seasons — says it felt like home being back in B.C.

"Although we shot in the summer when days were longer there and, ironically, it wasn't dark enough."

TORSTAR NEWS SERVICE

CATCH IT

Premiere Sunday

The six-part mini-series kicks off with a two-part special event airing Sunday at 10 p.m. and continuing Monday at 8 p.m. on Fox and CTV.

THE CANADIAN PRESS

DARE TO DREAM WITH FRIDAY'S JACKPOT

$55 MILLION EST.

+

14 EST. X $1 MILLION MAXMILLIONS™

Lotto MAX

Buy tickets until 7:30pm PT on draw day.

BUY YOUR TICKET AT

PLAY NOW .COM

lotto!

bclc

Know your limit, play within it. GameSense

19+

metro TRAVEL

Your essential daily news

McDonald's Japan to sell chocolate-covered fries

Traditional Japan

JAMES RAMIREZ

DREAM TRIP

Window into iconic Japanese sites, experiences

Jennifer Foden
For Metro Canada

There wasn't an obvious abundance of red and white patches on backpacks, but I knew (from the stats) that Canadian travellers had been visiting Japan in record numbers.

I decided to explore the country for myself. Spoiler alert: once-in-a-lifetime cultural experiences ahead.

Monks praying in Koyasan

One of my first stops was Koyasan, a mountain area considered to be one of the most sacred places in Japan. Koyasan was full of surprises: from riding the train up the 800 metre Mount Koya to visiting the Oku-no-in Cemetery (which has more than 200,000 tombstones and 10,000 burning lanterns in the Hall of Lamps) to my overnight stay in a mountain temple.

The highlight was watching Buddhist monks pray in the morning. The entire ceremony was mesmerizing, from the chanting and banging of the drum, to the billowing smoke from the fire.

Observing maiko in Kyoto

Kyoto, 500 km from Tokyo, has plenty of impressive sights, including the iconic Fushimi Inari shrine. Its is also the birthplace of geiko (geisha) and maiko (apprentice geiko), traditional female entertainers and performers who still work in Kyoto and serve as cultural icons for the entire country.

22K

Almost 22,000 Canadians visited Japan last October, almost a quarter more over the same time last year.

In modern times, geisha are less common, with less than 250 of them in Kyoto, and teahouses where they can be seen generally don't accept guests without references (however, there are a few hotels that will arrange this for you). Having the chance to observe one of these face-painted beauties was like catching a glimpse of a secret society.

Soaking in the natural hot springs in Hakone

Approximately 80 km southwest of Tokyo is Hakone, a charming, mountainous town with spectacular Mount Fuji views and natural hot spring resorts. I stayed in a traditional ryokan (Japanese inn) and soaked my body in indoor and outdoor onsen (natural hot springs).

Some resorts won't allow bathers with tattoos, as they are associated with the Yakuza crime gangs. Be sure to check with staff. Also, be prepared to bare all: bathing suits are not normally allowed (although, don't fret: men and women bathe separately).

This writer was a guest of G Adventures. They did not review or approve this story.

JAPAN NOT IN THE BUDGET THIS YEAR?

Japanese kabuki set to perform in Las Vegas

Japan's elaborate all-male kabuki theatre is heading to glitzy Las Vegas for a series of shows, in a bid to spread the classical Japanese art form to a global audience.

Japanese film and theatre company Shochiku said it would present the Japan Kabuki Festival in May, including a new play "created specifically" for a theatre in the U.S. entertainment centre. Kabuki is a form of traditional Japanese theatre that has been performed since the 17th century. Though women appeared in the beginning, kabuki shows came to be all-male affairs combining dance, drama and music with men playing female roles.

Kabuki actor Ichikawa Somegoro. AFP

The actors, scions of families of kabuki performers who usually begin training in childhood, don elaborate costumes, wigs and heavy makeup for performances on equally elaborate sets. AFP

ONLY 3 DAYS LEFT!

Book by January 24

SAVE THE EQUIVALENT OF THE TAX & SURCHARGES

UP TO $960 OFF per couple[1]

NON-STOP FLIGHTS from Vancouver, Hotel, Transfers & Aeroplan® Miles

Puerto Vallarta | MEXICO
Hacienda Buenaventura Hotel, Spa & Beach Club ★★★ PRIVILEGES
Standard rm
February 27 • 1 wk
KIDS STAY FREE[2]
$349 + $428 taxes & other fees

Ixtapa | MEXICO
Holiday Inn Resort Ixtapa All Inclusive ★★★★
All-Inclusive
Superior partial oceanview rm with balcony
February 28 & March 6 • 1 wk
KIDS STAY & EAT FREE[3]
$749 + $429 taxes & other fees

Riviera Maya | MEXICO
Grand Bahia Principe Coba ★★★★½ PRIVILEGES
All-Inclusive • Junior suite superior
February 29 • 1 wk
KIDS STAY & EAT FREE[4]
$999 + $435 taxes & other fees

AIR CANADA VACATIONS 35

Call 1 877 236-6228 or your travel agent

Hurry, it's your last chance. BOOK NOW!
aircanadavacations.com

CONNECT FREE[1] Cranbrook • Castlegar • Kamloops • Kelowna • Nanaimo Penticton • Prince George • Quesnel • Victoria

Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Jan. 22, 2016, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport in Economy class and include surcharges. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Offers expire at 11:59 p.m. ET on the date indicated. Flights operated by Air Canada or Air Canada rouge. For applicable terms and conditions, consult www.aircanadavacations.com. BC registration #32229. ■ [1]Select packages only for travel from Jan. 4 and completed by Apr. 30, 2016. Minimum 7-night stay. Surcharge discount applicable to select destinations in Mexico & the Caribbean. [2]Under the Europlan plan. Applies to children under the age of 12. [3]Applies the 1st & 2nd child. [4]Applies to the 2nd child ages 12 and under for travel completed by Apr. 30, 2016. [1]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 1440 St. Catherine W., Suite 600, Montreal, QC. Visit www.aircanadavacations.com for up-to-date information.

Treehouse tops Airbnb's Wish List

ACCOMMODATIONS

Sleeping in the woods offers a 'magic' experience

A charming treehouse hideaway in Atlanta, Ga. has emerged the most popular bucket-list retreat on Airbnb, garnering the most votes on the site's Wish List, a feature that allows users to bookmark their favourite properties.

Of the two million listings in 190 countries, the Secluded Intown Treehouse in Atlanta garnered the most clicks for offering guests the possibility of falling asleep in a forest canopy and waking up to the singing of birds.

At the Secluded Intown Treehouse, a trio of cabins built amidst tree trunks and leafy branches are decorated in antique and vintage furnishings and connected by romantic bridge ropes festooned with holiday lights.

The word "magic" is used often in the Airbnb reviews with guests praising the hosts for including small details such as wine and snacks on arrival and heated mattresses.

"This is the perfect and most comfortable place to enjoy simplicity and quietness. The trees and nature sounds are therapeutic and relaxing, and the twinkle lights add warmth and romance to the experience," wrote one guest.

It seems travellers are particularly smitten by the idea of living à la Swiss Family Robinson, as treehouses are also the most popular types of lodging on Airbnb Wish Lists, followed by igloos, vans, lighthouses and caves.

When it comes to destinations, Airbnb users are most enamored by Belize, which boasts the highest percentage of listings saved to Wish Lists, followed by Okinawa, Japan; Savannah, Georgia; Turks and Caicos; and Mendocino, Calif. AFP

The Secluded Intown Treehouse has been praised for details such as heated mattresses and twinkle lights. PRNEWS FOTO

TOP TEN

Most Wish Listed Properties on Airbnb:

1. Secluded Intown Treehouse in Atlanta, Ga.
2. The Seashell House ~ Casa Caracol in Mexico.
3. Casa Barthel in Tuscany, Italy.
4. Unique Cob Cottage in Mayne Island, B.C.
5. Aroma(n)tica TreehouseinMonferrato in San Salvatore Monferrato, Alessandria, Italy.
6. Mushroom Dome Cabin in Aptos, Calif.
7. Pirates of the Caribbean Getaway in Topanga Canyon, Calif.
8. Balian Treehouse with private pool in Bali.
9. Brand New Mini Loft in Rome, Italy.
10. Off the Gridit House, in Pioneertown, Calif.

Save up to 50%

Blow Off Winter Sale

Hundreds of new sell offs available!

SellOff vacations.com

MGM Grand Hotel & Casino ★★★★plus
Las Vegas, Nevada
Feb. 07, 2016
4 Nights • Flight + Hotel
$329 + $166 taxes (WJV)
*Get lucky in Las Vegas this New Year

Crown Paradise Club Puerto Vallarta ★★★★
Puerto Vallarta, Mexico
Feb. 04, 2016
7 Nights • All Inclusive
$759 + $390 taxes (NOL)

Bel Air Collection Xpu Ha Riviera Maya ★★★★
Riviera Maya, Mexico
Mar. 07, 2016
7 Nights • All Inclusive
$769 + $436 taxes (ACV)

Emotions Beach Resort ★★★★plus
Santo Domingo, Dominican Republic
Feb.19, 2016
7 Nights • All Inclusive
$1099 + $429 taxes (ATH)

Speak to a travel expert today!
604 708 5028
2368 Cambie Street, Vancouver

Vancouver departures. Applicable for new bookings only. Blow Off Winter Sale is a limited time offer for bookings made from January 5th to January 29th, 2016. All prices are per person based on double occupancy for 7 nights on all inclusive vacations (unless otherwise specified). Seats at the above prices are limited and capacity controlled. All transportation taxes and related fees must be prepaid. Local taxes payable at the destination are extra (DR $30US). Above offers are not combinable with any other promotion. Promotions are subject to change and can be withdrawn at any time without prior notice. In flight service varies according to flight times. For full terms and conditions visit SellOffVacations.com or call 1-877-SellOff (735-5633). While all reasonable efforts are taken to ensure the accuracy of the information in the ad, SellOffVacations.com accepts no responsibility for actions, errors and omissions arising from the reader's use of this information howsoever caused. SellOffVacations.com, a division of Sunwing Vacations Inc., 27 Fasken Drive, Toronto, Ontario Canada M9W 1K6. TICO Reg. # 4276176 British Columbia license #39606 Quebec Permit # 702928

Sun Packages
Flight, transfers & all inclusive resort

Varadero
$1199
Barceló Solymar Resort 4★
7 nts | Feb 1, 8
+ $329 txs/fees

Riviera Maya
$1649
Barceló Maya Beach Resort 4 1/2★
7 nts | Feb 28
+ $379 txs/fees

Punta Cana
$1699
Barceló Bavaro Beach 4 1/2★
7 nts | Feb 19, 26
+ $429 txs/fees

Check out transat.com for more great deals.

marlin travel
www.marlintravel.ca
Vacation savings start with **AIR MILES® Cash!**

Flights are from Vancouver via Air Transat. Valid on new bookings only. Prices shown are per person, based on double occupancy in lead room category, unless otherwise stated. Space and prices are subject to availability at time of booking. Prices advertised are valid from January 22 to 24, 2016 only. Taxes and fees are extra and noted above. Travel Agency fees may apply. For full descriptions and terms and conditions, refer to transat.com. Transat is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in British Columbia (Reg #2454) with offices at 1090 West Pender Street, Suite 1110, Vancouver, BC, V6E 2N7. Marlin Travel Base reward mile offer is 1/$35 on vacation packages, cruise fares and charter flights. Not applicable on scheduled airline or rail tickets, hotel and car reservations paid locally, taxes, service fees, non-commissionable items, gift card purchase, foreign exchange and insurance. Other conditions may apply. ®Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Transat Distribution Canada Inc. Marlin Travel is a division of Transat Distribution Canada Inc. BC Reg. #23567 ON Reg: 50015084. Head Office: 191The West Mall, Suite 700, Etobicoke, ON, M9C 5K8.

AIRFORDABLE

New site lets flyers pay for tickets on layaway

A startup company has come up with a solution for cash-strapped travelers with a payment plan that allows flyers to pay for their ticket in instalments.

Launched last month out of Chicago, Airfordable is aimed at credit card-less travelers such as students or those with poor credit and allows them to pay for their tickets in a scheme akin to layaway programs at retail stores.

After finding a flight from any website, users upload a screenshot to the Airfordable platform, which then offers up a variety of different payment plans.

Users pay a third of the cost upfront as a deposit and can pay for the balance of the ticket in instalments before their travel date.

The birth of Airfordable can be traced back to founder Ama Marfo's student days, when she was living in the U.S. as an international student from Ghana.

In a blog post, Marfo explains that the idea came to her when a friend was forced to sit out a trip Marfo had organized to Ghana, because she couldn't afford the plane ticket. Prohibitively expensive plane tickets also forced Marfo to spend holidays in her dorm alone, far from her family in Ghana, she says.

"If Airfordable were around during my college days, my friend could've explored, first-hand, the rich culture of Ghana and international students could've had an affordable way to spend special holidays in their respective countries," Marfo writes.The limit for airline tickets is $2,000 US and flights must be booked a minimum of two months' out. AFP

Cape Coast Castle in Ghana. Ama Marfo said she started Airfordable because as a student she didn't have money to fly home to Ghana on breaks. ISTOCK

20%

The scheme doesn't collect interest, but charges a service fee of 20 per cent, which is spread out into monthly payments.

2016 Cruise
EXTRAVAGANZA
Receive a $100 Universal Visa® Prepaid Card†
when you book one of the following cruises with one of our cruise experts
NCL NORWEGIAN CRUISE LINE
AMAWATERWAYS
AVALON WATERWAYS
MSC CRUISES
NORWEGIAN BREAKAWAY
Prepaid card is issued by Peoples Trust Company pursuant to a license by Visa Int.

itravel2000.com™/MC | 1.855.297.4400

CANADA'S TRAVEL EXPERTS 20 YEARS

Your Trusted Source for Travel
Flight Hotel Vacations Cruise

Customers rate itravel2000 ★★★★½ 94% Powered by feefo

*Some conditions apply. Call in for Details. †$100 Universal Visa Prepaid Card valid on new cruise bookings made between January 1, 2016 - January 31, 2016 11:59pm EST. Bookings must be made by calling one of our cruise experts. Offer is not valid for on-line reservations. Offer is combinable with most existing cruise line offers and is subject to change. Online bookings will not be honoured for the above promotion. Prepaid card will be sent by mail by February 22, 2016 to the address listed on the invoice. Prepaid cards are issued in connection with the New Year's Cruise Extravaganza. Prepaid card is issued by Peoples Trust Company pursuant to a license by Visa Int. No cash access or recurring payments. Prepaid card is given to you as a reward, refund, rebate or gift and no money has been paid by you for the card. Card valid for up to 12 months; unused funds will be forfeited at midnight EST the last day of the month of the valid thru date. Card terms and conditions apply, see MyPrepaidCenter.com/site/visa-univ-can. Pricing and Availability is subject to change at time of booking. 8635919 Canada Inc. (dba as itravel2000) is a TICO licensed company. tico.ca #50021097. 1004 Middlegate Road, Suite 3000, Mississauga, ON, L4Y 1M4.

metro SPORTS

Habs GM Marc Bergevin says Carey Price will be out up to four more weeks and coach Michel Therrien's job is safe for the rest of the season

Shinkaruk biding his time for another call-up

CANUCKS

Prospect leads AHL Comets in scoring

Cam Tucker
Metro | Vancouver

Hunter Shinkaruk got his first real experience of the NHL in November, when he made his Vancouver Canucks debut against the Montreal Canadiens.

He took the customary rookie lap by himself — actually, it was more like three or four laps — while his teammates stayed back to start warm-ups.

"That's something I've dreamed of happening for quite a long time," said Shinkaruk, the Canucks' 24th overall pick from 2013.

"It lit a fire under myself and it's definitely been good for me."

Given a greater role in his sophomore season with the Comets by head coach Travis Green, the skilled forward leads the team in goals (15) and points (30) in 33 games, representing a positive step forward after his rookie season presented its share of bumps along the way.

His first year in pro, when he scored 16 goals and 31 points in 74 games with Utica, reminded Shinkaruk of his rookie season in juniors with Medicine Hat.

"Shinkaruk is a goal-scorer, so we want him to have a good year — score 25, 30 goals down there. Be the go-to guy," Canucks GM Jim Benning told TSN 1040 radio.

"In a perfect world, we'd like to have our players play two or three years down in the American League and be overripe when they're ready to come up and play."

With injuries and a roster transitioning to a more youthful group, the Canucks have had to delve into the farm system on numerous occasions.

That included the 21-year-old Shinkaruk and he's still awaiting the possibility of the next call.

"I think definitely, I'm willing to be patient. The NHL's the best league in the world for a reason. You don't just get there easily," said Shinkaruk.

"There are some days where maybe it's a little bit frustrating but that's just because I'm a competitive kid and I see kids that I played with and against that are up there.

"When I get my spot, I want to make sure that I stay."

30

The number of points Shinkaruk has through 33 games with the Comets this season.

Hunter Shinkaruk made his Canucks debut in November. MINAS PANAGIOTAKIS/GETTY IMAGES

Daniel Sedin sets goal record

Daniel Sedin was less concerned with making history than he was getting a win.

In the Vancouver Canucks' 4-2 victory over the Boston Bruins on Thursday night, Sedin accomplished both. He became the Canucks' career leader in goals with 348, scoring twice in the third period.

"It's more about the two points, I think," Sedin said. "(You) look at the standings every day and you try to stay away from it, but every point is huge."

THURSDAY In Boston

CANUCKS	BRUINS
4	2

Sedin tucked the rebound of Christopher Tanev's shot past Tuukka Rask for the record-breaker and eventual winner with 12:57 remaining. He also scored into an empty net in the final minute.

Vancouver (20-17-11, 51 points) earned its third victory in four games and moved within 10 points of the Pacific Division-leading Los Angeles Kings.

Sven Baertschi and Alexandre Burrows also scored for Vancouver, and Jacob Markstrom made 28 saves.

Brad Marchand and Jimmy Hayes scored for Boston, while Rask stopped 23 shots.

THE ASSOCIATED PRESS

cypress mountain.com
Ski or Snowboard For Only $39*
*With Online Pre-Purchase
With Our GOLD MEDAL CARD
Purchase Today At cypressmountain.com
You'll LOVE it up here!
CYPRESS MOUNTAIN IS PROUD TO PARTNER WITH:

NBA

Lowry sneaks into East starting lineup

Toronto Raptors point guard Kyle Lowry will start the NBA All-Star Game on home court after a late charge in voting.

Lowry overcame a 32,000-vote deficit to Cleveland's Kyrie Irving in the final days of balloting. With 646,441 votes, Lowry will start in the Eastern Conference backcourt with Dwyane Wade (941,466).

Nobody was catching Los Angeles Lakers guard Kobe Bryant, however. With 1.9 million votes, he was selected an all-star for the 18th time.

MVP Stephen Curry of Golden State was next with 1.6 million and they will be joined in the Western Conference lineup by Oklahoma City's Kevin Durant and Russell Westbrook, and San Antonio's Kawhi Leonard.

Kyle Lowry and Kobe Bryant
GETTY IMAGES

Cleveland's LeBron James and Indiana's Paul George will start in the East frontcourt with New York's Carmelo Anthony, who held off Chicago's Pau Gasol by 360 votes.

The reserves will be voted in by the head coaches in each conference and be announced next Thursday. The game will be played on Feb. 14 at Air Canada Centre. THE ASSOCIATED PRESS

IN BUFFALO

Smith promotion a football move: Bills

Buffalo Bills co-owner Kim Pegula congratulated Kathryn Smith for becoming the NFL's first full-time female assistant coach by saying she earned the promotion.

"Kathryn has been a part of Rex (Ryan's) staff for the past seven years and has proven that she does excellent work," Pegula said in a statement released Thursday. "While we understand the significance of this announcement, it's important to understand that Kathryn earned this position because she has shown she is qualified, dedicated and puts in the work needed for this role."

Pegula issued the statement a day after the Bills broke the league's gender barrier by promoting Smith to be their special teams quality control coach.

"The Bills organization is proud of Kathryn and her promotion," Pegula added. "We look forward to the contributions she will make to our organization in her new role."

Kathryn Smith
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

MLB IN BRIEF

Donaldson to make cameo appearance on TV show

The TV series Vikings is bringing in a heavy hitter for its new season.

Toronto Blue Jays slugger Josh Donaldson is heading to Ireland this week to film an episode of the History show.

The reigning American League MVP is apparently a big fan of the Canadian-Irish drama.

History says Donaldson will play the role of Hoskuld, a Viking warrior. The episode is set to air later this year as part of the fourth season. THE CANADIAN PRESS

Chapman free of charges

Florida prosecutors have decided not to file charges in a domestic disturbance case involving New York Yankees pitcher Aroldis Chapman and his girlfriend.

According to a police report, Chapman's girlfriend, 22-year-old Cristina Barnea, told police he pushed and choked her. Chapman said there was an argument, but he said he was pushed down by Barnea's brother. Chapman said he eventually got a handgun and fired eight shots into a wall and window while locked in his garage. THE ASSOCIATED PRESS

B.C. fighter Dwyer living the dream

UFC

Hard-working Kelowna native savouring big time in octagon

Cam Tucker
Metro | Vancouver

Matt Dwyer has led the blue-collar life. He's worked on oil rigs in Alberta and as a stucco plasterer in Kelowna, B.C.

But from his days in high school, when his rugby coach introduced a mixed martial arts program that counted for credits toward graduation, the UFC has always been the dream and now the 26-year-old Dwyer is living it.

Before his days in the UFC, Dwyer was balanced a working life — "throwing buckets of mud around," he said of stucco plastering during a phone interview with Metro — and his MMA training as a burgeoning amateur and then professional fighter.

Friday nights were quiet, with Dwyer saying he was in bed by nine o'clock in the evening after working during the day and a few hours of training afterward.

"It was like, 'Geez, if I did this for the full time out of the year, I'd have a lot of nice toys and things paid off,'" he said.

"But my dream was always to fight." Dwyer now competes in the welterweight division. He watched UFC "religiously."

The fact he's made it to this stage in his career isn't lost on him, as he expressed gratitude for his friends, family, coaches and training partners.

The dream isn't just to get to the UFC and cruise.

Dwyer has a 1-2 record with UFC. But two of his three bouts have resulted in fight of the night or performance of the night bonuses and one of the top-10 knockouts in UFC for last year.

Albert Tumenov, right, hits Matt Dwyer during their lightweight match. Tumennov won in the first round at UFC Fight Night on Oct. 4, 2014, in Halifax, N.S. JEFF HARPER/METRO HALIFAX

> **But my dream was always to fight.**
> Matt Dwyer

The six-foot-four-inch, 170-pound Dwyer has a fight scheduled for UFC Fight Night on Jan. 30 against UFC newcomer Randy Brown, who has a 6-0 record with four knockouts and two submissions with Ring of Combat.

"Every fight that I've had, I go out there for the finish. I go out there for the win," said Dwyer, whose eight victories have all come by knockout.

"I plan on ... making him feel at the end of the first round — if it goes that far — that he's in over his head."

Service Directory

To advertise call 604.602.1002

EMPLOYMENT

skilled immigrant infocentre

Vancouver Public Library Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3603
Web: skilledimmigrants.vpl.ca

Employment information for career decisions
A free service for immigrants to British Columbia

Vancouver Public Library · WelcomeBC

HOMESTAY

HOMESTAY FAMILIES WANTED for Japanese students

T 604-771-5722 Homestay - Coordinator
MAIL newhomestay@jpcanada.com
jpcanada.com

HEALTH AND WELLNESS

HANUMAN ASTROLOGER & PALM READER
Pandit: Durga Prasad
Expert in Palm and Face Reading, Horoscope, Numerology, Vastu Shastra
I CAN TELL YOUR PAST, PRESENT & FUTURE
Marriage * Husband-Wife Problems * Job * Relationship * Kids Problems
Business * Spiritual Evil Effects * Enemy * Court * Property * Family etc.
SPECIALIST IN: BRINGING LOVED ONES BACK
IF YOU HAVE PROBLEMS I HAVE 100% GUARANTEED SOLUTIONS
Removes Black Magic, Jadoo, Voodoo, Buttu, Witch Craft & Gives 100% Protection
100% PRIVATE & CONFIDENTIAL - OPEN 7 DAYS
778-238-8202 / 604-512-2304
6049 Fraser St., Vancouver / 128 St & 80 Ave., Surrey

INDIAN ASTROLOGER & PSYCHIC Pandit: YOGI
EXPERT PALM & FACE READING AND DATE OF BIRTH TAKE RIGHT DECISION AT RIGHT TIME
NOBODY CAN BREAK MY PROTECTION THIS IS MY CHALLENGE
POWERFUL & GOD GIFTED HEALER CAN HANDLE ANY
HEALTH, COURT, LOVE, CHILDREN, MISTAKE, MONEY, JOB, BUSINESS, EDUCATION, DEPRESSION, ENEMY, JEALOUSY, SEXUAL HEALTH, PERSONAL MATTER, MARRIAGE, ETC.
REMOVES BLACK MAGIC, JADOO, VOODOO, WITCHCRAFT, OBEYS, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
778.707.3599 9278 120 SCOTT ROAD SURREY BC • 9AM TO 8PM

RECIPE Pepperoni Pizza Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

It's Friday and you've earned an easy dinner. Rather than ordering in pizza, whip up this ooey-gooey pizza-themed grilled cheese.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Makes 2 sandwiches

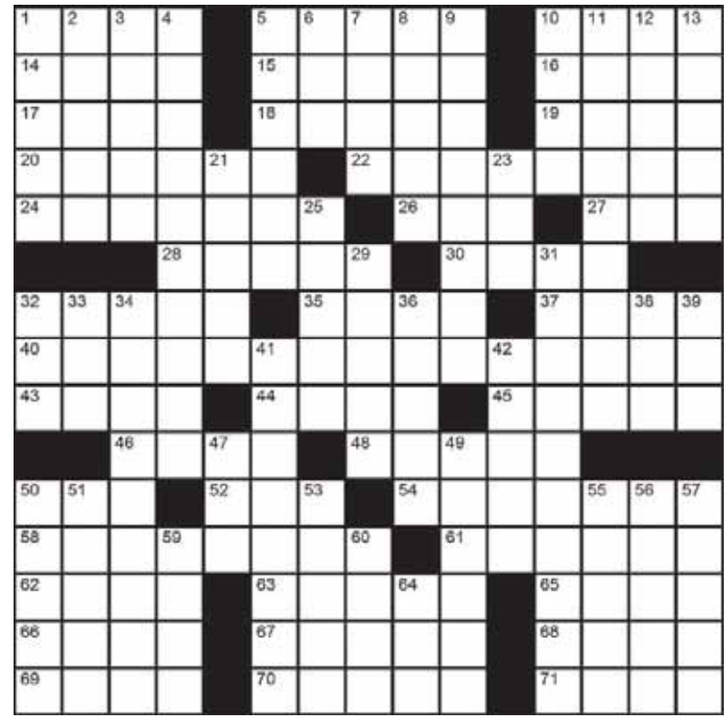
Ingredients
- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzerella cheese
- 16 to 20 slices of pepperoni
- 2 slices fontina cheese
- Extra Virgin Olive Oil

Directions
1. Preheat a skillet over medium heat with a drizzle of olive oil.
2. Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese. Now place a layer of 8 to 10 pieces of pepperoni down. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.
3. Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey. Repeat for second sandwich.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Goulash
5. __ rug
10. In __ (Up the proverbial creek)
14. Johnny Carson's predecessor Jack
15. Canadian performers' union
16. __-_'-shanter
17. Dugout shelter
18. "Every __ Way But Loose" (1978) starring Clint Eastwood
19. Mr. Seacrest
20. "That's for darn sure!": 2 wds.
22. Seedy part of town, __-__ district
24. Gets comfy
26. Game cube
27. Singer Mr. Jarreau's
28. Thin piece of wood
30. Type of tape
32. Lei-wearer's greeting
35. Space mission org.
37. City in Europe once called Christiania
40. Parliament Hill: Where Canada's fallen soldiers are honoured in the Peace Tower: 2 wds.
43. Etre - Present: Je suis ...Ils __
44. Cairo's river
45. 'Twilight' books author Stephenie
46. Time __ __ the essence
48. Accessory for 'meshy' hair
50. Increase, with Up
52. Dustup
54. Signs up
58. Guacamole ingredients
61. Inwardly boil
62. Plain
63. Clear
65. Aquarium fish, __ Tetra
66. Seaport of Yemen
67. Fashionably prance
68. 'Smart' suffix (Brains)
69. Quiz
70. Emperors like Genghis
71. Dueling sword

DOWN
1. Barcelona's country
2. Dinette set piece
3. British peers
4. Some puck-propelling moves in hockey: 2 wds.
5. "Tom __" by Rush
6. German 'I'
7. Awaken
8. Curved
9. Hoity-toity
10. Longfellow's bell town
11. Starring role for Canadian actor James Rennie (b.1890 - d.1965) in the 1926 Broadway adaptation of F. Scott Fitzgerald's 'Great' 1925 book: 2 wds.
12. Menotti opera, __ and the Night Visitors
13. Montreal's 'Royal', and others in French
21. "...I thee wed." locale
23. Romanian currency
25. __ Peninsula, in Egypt
29. Gets boring
31. Canada's Caroline Rhea, for one
32. Day-starting hrs.
33. Mr. Tolstoy
34. Those who dine on both animal cadavers and plants
36. Vista
38. Author Harper
39. Bruins legend Bobby
41. Where pamphlets, directions, answers to questions, etc. might be provided in a public building: 2 wds.
42. Arcade game, Whac-_-__
47. British singer Rita
49. Early stages of things
50. Morocco's capital
51. Circumvent
53. Something's value
55. Acutely alpine
56. Things over there
57. Gumption
59. Rapper 50
60. Fleetwood Mac hit
64. Big bright blazing ball

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't limit yourself to tried and trusted ways of doing things today. If you are open to new possibilities you may come up with new ideas and impress people in positions of power.

Taurus April 21 - May 21
Be true to your beliefs, even if it brings you into conflict with people you would prefer not to antagonise. You're entitled to your opinions and have the right to think for yourself.

Gemini May 22 - June 21
You've been ignoring warning signs and pretending that nothing can go wrong. The planets warn if what you ignore can in some way affect your earning power it could cost you. Get your act together before it's too late.

Cancer June 22 - July 23
If you don't feel like pushing yourself today, then don't. If you're given the choice between doing more or less, choose the latter without hesitation.

Leo July 24 - Aug. 23
You may find it hard to think outside the box today and could reject good ideas simply because you don't have the confidence to make something of them. That would be a shame.

Virgo Aug. 24 - Sept. 23
Be careful what you allow yourself to believe because the facts are not as obvious as you would like them to be. With Mercury, planet of the mind, still moving retrograde you must not take anything on trust, not even your own ideas!

Libra Sept. 24 - Oct. 23
There is no point aiming for perfection because you will never reach it. All you can do is aim to be the best at what you do and to be happy with that. Set yourself new goals.

Scorpio Oct. 24 - Nov. 22
You may be bored with your current situation but what happens next will cheer you up. When Mercury, planet of the mind, turns in your favour again on Monday life will become a lot more fun than it has been of late.

Sagittarius Nov. 23 - Dec. 21
You may be pessimistic about money matters and that's fine. The last thing you need is to take some kind of gamble, because it's unlikely to pay off. Keep your cash in your pocket.

Capricorn Dec. 22 - Jan. 20
So long as you enjoy what you are doing it doesn't matter what anyone else thinks about it. You've been taking other people's opinions into account too much lately.

Aquarius Jan. 21 - Feb. 19
You will be concerned with ideas and their practical application today but don't get so bogged down in your own thoughts that you miss what is taking place in the world around you.

Pisces Feb. 20 - March 20
Your life will change for the better but you should not be waiting for things to happen, you should be making them happen. Upcoming events will give you a more positive outlook. After that it's up to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3			2	6			
2			4			9		
			3				6	
	5	7						9
9								1
6						2	7	
	4				7			
		5			2			3
			1	9			8	

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

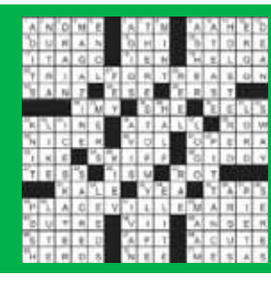
Creativity is subjective.
The truth isn't.
Truth in Advertising Matters.
ASC Advertising Standards Canada
adstandards.com/psa

metro
THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



4	5	7	2	6	3	8	9	1
9	2	8	7	1	5	4	6	3
6	3	1	4	9	8	7	5	2
2	4	9	3	5	7	6	1	8
1	6	5	9	8	2	3	4	7
7	8	3	6	4	1	5	2	9
8	9	2	5	7	6	1	3	4
5	1	4	8	3	9	2	7	6
3	7	6	1	2	4	9	8	5

sell this...

...buy that

Vancouver's largest pre-owned designer accessories boutique.
Buy and sell designer handbags, jewellery and watches.

BUY AND SELL IN STORE OR ONLINE AT WWW.MODASELLE.COM

modaselle

Authentic Luxury

943 Seymour Street, Vancouver, BC 604-622-1188 www.modaselle.com